

AI Health Risk Assessment Device

Indicator Interpretation Handbook

— — Reference Guide for Report Indicators — —

Usage Instructions

This handbook is designed to accompany reports from the AI Health Risk Assessment Device, helping users interpret the various indicators in the report. Each indicator includes: indicator name, normal range, plain-language explanation, and abnormality significance.

Note: This device is a health screening tool. All "abnormality alerts" are health management direction references and do not constitute a disease diagnosis. They do not replace medical laboratory tests or in-person physician consultation.

Part 1 Overview of the Eight Major Health Systems

The report summarizes overall health status into eight major systems, each presented as a percentage score. A higher score indicates better functional status of that system.

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Glandular Integrative System		Assesses the comprehensive functional status of endocrine glands throughout the body (pituitary, thyroid, adrenal glands, pancreas, pineal gland, etc.)	
Oxidative Interstitial System		Assesses systemic oxidative stress levels and interstitial tissue status, reflecting antioxidant capacity	
Microcirculatory System		Assesses systemic microcirculation and lymphatic circulation status, reflecting tissue perfusion and immune circulatory function	
Endocrine System		Assesses hormone secretion and metabolic regulation function, including pituitary, thyroid, pancreas, adrenal glands, etc.	
Cardio-cerebrovascular System		Assesses cardiac pumping function, vascular elasticity, and cerebral blood supply status, reflecting cardiovascular health risk	
Neuromediator System		Assesses nervous system function, neurotransmitter stability, and mental stress status	
Somatic Identification System		Assesses constitution type (cold/heat/deficiency/excess) using Traditional Chinese Medicine theory, and overall constitutional imbalance	
Comprehensive Metabolic System		Assesses carbohydrate, lipid, and protein metabolism, as well as comprehensive function of metabolic organs such as liver and kidneys	

Peer Stage Health Index Grading

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Below 60	Exhausted Type	Physical function significantly declined, multiple systems at risk, requires focused attention and active intervention	
60-75	Neglected Type	Multiple health concerns present, multi-system function below optimal, requires active lifestyle adjustment	

75-85	Natural Wellness Type	Overall status acceptable, some systems require attention; wellness practices can maintain good condition	
Above 85	Elite Wellness Type	Good physical condition, balanced system function; maintain healthy lifestyle	

Part 2 TCM Constitution and Meridian Assessment

2.1 Dampness Index

Range: 0-10 points. Dampness is a TCM concept referring to pathological products caused by impaired fluid metabolism in the body.

0-3: Normal | 3-5: Mild dampness | 5-7: Moderate dampness | Above 7: Severe dampness

Signs of moderate to heavy dampness may include: bodily heaviness, easy fatigue, sticky stools, oily skin, facial acne, phlegm in throat, abdominal fat accumulation, etc. Dampness combined with cold becomes cold-dampness; combined with heat becomes damp-heat; combined with wind becomes wind-dampness.

2.2 Blood Stasis Index

Range: 0-10 points. Blood stasis refers to impaired blood circulation and a tendency toward stagnation.

0-2: Normal | 2-4: Mild blood stasis | 4-6: Moderate blood stasis | Above 6: Severe blood stasis

Signs of blood stasis may include: dull complexion, purplish lips, easy bruising, fixed pain in certain body areas, emotional depression, etc. Common causes: prolonged sitting, emotional stress, aging, cold congelation.

2.3 TCM Constitution Types

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Balanced Constitution	Harmonized yin-yang and qi-blood	Moderate build, rosy complexion, abundant energy, good sleep, good appetite	
Yang-Deficiency Constitution	Insufficient yang qi	Cold intolerance, cold hands and feet, preference for warm drinks, low spirits, loose stools	
Yin-Deficiency Constitution	Insufficient yin fluids	Dry mouth and throat, hot palms and soles, tidal fever and night sweats, dry stools, red tongue with little fluid	
Qi-Deficiency Constitution	Insufficient original qi	Easy fatigue, shortness of breath, easy sweating, prone to colds	
Phlegm-Dampness Constitution	Phlegm-dampness accumulation	Obese body shape, full abdomen, sticky mouth and greasy coating, heaviness and sleepiness	
Damp-Heat Constitution	Internal damp-heat	Oily shiny face, bitter taste in mouth, prone to acne, sticky stools	
Blood-Stasis Constitution	Impaired blood	Dusky complexion,	

	circulation	pigmentation, easy bruising, dull lips	
Qi-Stagnation Constitution	Qi movement stagnation	Low mood, mental tension, sensitivity to sadness, chest and hypochondriac distension	
Special-Characteristic Constitution	Congenital deviation	Allergic constitution, prone to asthma, prone to urticaria, allergic to medications and foods	

2.4 Twelve Meridian Assessment

Meridian scores are out of 10 points. A lower score indicates that meridian functional status requires more attention.

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Lung Meridian (Hand Taiyin)	Governs respiratory system	Dry skin, prone to allergies, cough, chest tightness, shortness of breath	
Large Intestine Meridian (Hand Yangming)	Governs large intestinal peristalsis	Constipation, abdominal distension and pain, borborygmus, sore throat	
Stomach Meridian (Foot Yangming)	Governs stomach reception	Stomach pain and distension, indigestion, bad breath, belching, constipation	
Spleen Meridian (Foot Taiyin)	Transforms and transports qi and blood	Lassitude and fatigue, dull taste in mouth, poor digestion, limb edema	
Heart Meridian (Hand Shaoyin)	Governs the heart	Precordial pain, chest tightness, palpitations, insomnia and dream-disturbed sleep	
Small Intestine Meridian (Hand Taiyang)	Nutrient absorption	Diarrhea, abdominal distension, puffy obesity, blurred vision	
Bladder Meridian (Foot Taiyang)	Detoxification and metabolism	Frequent and urgent urination, generalized fatigue, cold intolerance, sore lower back	
Kidney Meridian (Foot Shaoyin)	Root of congenital constitution	Sore lower back and knees, cold hands and feet, dizziness and tinnitus, insomnia and forgetfulness	
Pericardium Meridian (Hand Jueyin)	Protects the heart	Palpitations and insomnia, easy waking from dreams, irritability and anxiety, memory decline	
Triple Burner Meridian (Hand Shaoyang)	Regulates water passages	Sore throat, dry mouth and tongue, low spirits, muscle soreness	
Gallbladder Meridian (Foot Shaoyang)	Discharges and decides	Bitter taste in mouth, migraine, constipation, joint pain, insomnia	
Liver Meridian (Foot Jueyin)	Discharges and stores blood	Chest and hypochondriac distending pain, emotional depression, irritability, abdominal distension, irregular menstruation	

Part 3 Endocrine Gland System Indicators

3.1 Pituitary-Related

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Central Pituitary Anterior Lobe Secretion Index	1.423-3.23	Assesses pituitary anterior lobe secretion function	Low values may affect growth hormone, thyroid-stimulating hormone secretion, indicating weakened endocrine function
Central Pituitary Posterior Lobe Secretion Index	2.213-5.717	Assesses pituitary posterior lobe function (antidiuretic hormone storage)	Abnormal values may lead to endocrine imbalance and dysregulation
Kinin Substance Circulating Factor Index	4.111-8.741	Assesses circulating kinin substance levels	Kinins are related to blood pressure regulation and inflammatory response
Red Blood Cell Mediator Secretion Index	2.241-6.814	Assesses red blood cell-related mediator secretion	Reflects blood oxygen-carrying and transport function
Endocrine Activity Relative Index	3.296-5.84	Comprehensively assesses endocrine system activity	Low values indicate weakened endocrine function
Cell Division Activity Relative Index	0.442-0.817	Assesses cell proliferation and renewal rate	Very low values indicate slow cellular metabolic renewal

3.2 Thyroid-Related

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Interstitial Thyroxine Secretion Activity Index	0.1-0.31	Assesses thyroxine secretion activity	High values may suggest hyperthyroidism tendency; low values may suggest hypothyroidism tendency
Interstitial Thyroid Gland Immunity Index	0.114-0.202	Assesses thyroid autoimmune status	Abnormal values may indicate risk of thyroid autoimmune disease
Glandular Abnormal Impedance Relative Coefficient	0.421-0.734	Assesses thyroid gland tissue impedance	Abnormal values reflect changes in thyroid tissue status
Thyroid Basal Metabolism Difference Coefficient	0.16-0.3	Assesses thyroid influence on basal metabolism	Abnormal values indicate basal metabolic rate may deviate from normal

3.3 Adrenal Glands and Pancreas

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Medium Alcohol Decomposition Coagulation Relative Coefficient	0.097-0.419	Assesses alcohol substance metabolic decomposition	Related to hormone metabolism and liver detoxification function
Pancreatic Polypeptide Coagulation Medium Relative Coefficient	2.374-3.709	Assesses pancreatic endocrine function	Reflects pancreatic secretion of polypeptide hormones
Insulin Hormone Level Index	2.412-2.977	Assesses insulin secretion level	Abnormal values may indicate impaired blood glucose regulation
Electrolyte Transport Response Force Relative Coefficient	0.118-0.892	Assesses cellular electrolyte transport function	Reflects intracellular and extracellular ion balance status
Pancreatic Insulin Decomposition Relative Index	2.865-4.017	Assesses insulin catabolism	Low values may suggest insulin resistance or metabolic abnormality
Insulin Hormone Level Secretion Coefficient	3.213-6.854	Assesses insulin secretion volume	Abnormal values may cause ineffective glucose utilization

Insulin Abnormal Circulating Factor Coefficient	2.416-2.974	Assesses insulin circulatory function	Abnormal values indicate decreased blood glucose regulation capacity
Insulin Abnormal Circulating Factor Coefficient	2.967-3.529	Assesses insulin circulation status	Related to glucose metabolism and pancreatic function

3.4 Pineal Gland and Other Glands

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Lymphatic Ion Element Abnormality Index	133.437-140.47	Assesses ion element levels in lymphatic system	Reflects lymphatic circulation and electrolyte balance
Pineal Hormone Secretion Index	3.21-6.856	Assesses pineal gland (melatonin) secretion	Low values may affect circadian rhythm and immune regulation
Pineal Immune Activity Indicator	4.326-7.533	Assesses pineal immune regulation function	Related to sleep-wake cycle and immunity
Mucosal Neurotransmitter Index	4.161-18.741	Assesses mucosal neurotransmitter levels	Reflects mucosal immunity and neuroregulatory function

3.5 Male Reproductive System

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Glandular Semen Secretion Activity Index	1.502-6.028	Assesses semen secretion activity	Related to male reproductive function and androgens
Liquefaction Neurotransmitter Activity Index	10.283-30.282	Assesses semen liquefaction-related function	Abnormal values suggest possible sperm liquefaction dysfunction; reduce carbonated drinks, tobacco and alcohol
Sperm Interstitial Activity Ratio Coefficient	2.483-3.932	Assesses sperm interstitial activity	Reflects the environment around reproductive cells
Semen PH Acid-Base Balance Abnormality Coefficient	0.637-0.877	Assesses semen acid-base balance	Abnormal values indicate acidic constitution, prone to toxin accumulation
Prostate Spindle Abnormal Impedance Coefficient	2.595-5.722	Assesses prostate functional status	Abnormal values indicate prostate function requires attention

Part 4 Cardio-Cerebrovascular System Indicators

4.1 Cardiac Function

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Myocardial Oxygen Consumption Relative Index	3.326-4.244	Assesses oxygen consumption during myocardial activity	High values indicate heavy cardiac burden; monitor cardiac load
Cardiac Beat Impedance Abnormality Coefficient	1.56-2.96	Assesses peripheral resistance during cardiac contraction	High values may indicate increased afterload
Aortic Emptying Abnormality Coefficient	1.551-4.475	Assesses aortic blood emptying speed	Abnormal values may induce coronary atherosclerosis risk
Coronary Artery Pressure Abnormality Coefficient	8.481-11.719	Assesses intracoronary pressure	High values may indicate increased coronary perfusion pressure
Coronary Artery Elasticity Abnormality Coefficient	1.556-2.187	Assesses coronary artery elasticity	Low values indicate decreased vascular elasticity and sclerosis risk
Cardiac Central Dynamics Abnormality Coefficient	0.316-0.401	Assesses cardiac pumping power	Low values indicate possible weakened cardiac pumping function
Stroke Volume Relative Coefficient	1.338-1.676	Assesses blood output per heartbeat	Reflects myocardial contractility and pumping efficiency
Ventricular Ejection Impedance Abnormality Index	0.69-1.554	Assesses ventricular ejection resistance	Abnormal values may lead to slow aortic blood emptying
Ventricular Effective Pumping Force Abnormality Coefficient	1.554-1.989	Assesses ventricular effective pumping capacity	Low values indicate decreased cardiac pumping function
Coronary Perfusion Pressure Relative Coefficient	4.632-5.147	Assesses coronary perfusion pressure	Low values may cause insufficient myocardial blood supply
Vascular Compliance Relative Coefficient	4.073-4.579	Assesses vascular compliance (elasticity)	Low values indicate stiffened blood vessels and decreased elasticity
Cardiac Peripheral Nerve Impedance Index	0.983-1.266	Assesses cardiac autonomic nervous function	Abnormal values reflect cardiac neuroregulatory function

4.2 Vascular and Blood

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Cerebrovascular Elasticity Abnormality Index	0.702-1.947	Assesses cerebrovascular elasticity	Low values indicate cerebral arteriosclerosis risk
Brain Tissue Blood Supply Abnormality Index	6.138-21.336	Assesses brain tissue blood supply status	Abnormal values may induce hypertension and cerebral vascular rupture risk
Vascular Resistance Abnormality Index	0.989-1.265	Assesses peripheral vascular resistance	High values may indicate tendency toward elevated blood pressure
Vascular Elasticity Abnormality Coefficient	0.316-0.41	Assesses systemic vascular elasticity	Low values indicate vascular sclerosis
Cholesterol Compliance Abnormality Coefficient	56.749-65.371	Assesses cholesterol metabolic compliance	Abnormal values indicate lipid metabolism concerns
Blood Viscosity Relative Index	48.364-65.371	Assesses blood viscosity	High values indicate thickened blood and slowed flow
Interstitial Blood Lipid Relative Abnormality	0.481-1.043	Assesses blood lipid metabolism status	Abnormal values indicate possible blood lipid

Coefficient			metabolism abnormality
Pulse Wave Velocity Relative Coefficient	0.31-0.401	Assesses pulse wave velocity (PWV)	High values indicate arteriosclerosis and stiffened vessels
Cerebral Blood Oxygen Saturation Relative Coefficient	0.71-1.109	Assesses cerebral oxygen saturation	Low values indicate insufficient cerebral oxygenation
Cerebral Blood Oxygen Content Relative Coefficient	7.88-10.09	Assesses cerebral oxygen content	Low values indicate insufficient cerebral oxygenation
Cerebral Oxygen Partial Pressure Relative Index	5.017-5.597	Assesses cerebral oxygen partial pressure	Low values reflect decreased cerebral oxygenation capacity
Reverse Stroke Volume Relative Index	60.735-65.396	Assesses cardiac regurgitation status	Reflects cardiac valve and vascular function
Reverse Stroke Volume Relative Index	63.012-67.892	Assesses cardiac output function	Assesses overall cardiac pumping efficiency

Part 5 Nervous System and Mental Stress Indicators

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Cerebral Arteriosclerosis Relative Index	0.103-0.642	Assesses degree of cerebral arteriosclerosis	Abnormal values may induce risk of cerebral embolism and thrombosis
Cranial Nerve Function Status Relative Index	0.25-0.659	Assesses overall cranial nerve function	Reflects nervous system health status
Emotion-Related Hormone Molecule Relative Index	0.109-0.351	Assesses emotion-related hormones	Abnormal values indicate possible decreased emotional regulation ability
Interstitial Thyroid Secretion Risk Index	2.954-5.543	Assesses thyroid secretion risk	Related to nervous system excitability
Interstitial Parathyroid Secretion Risk Index	2.846-4.017	Assesses parathyroid function	Related to calcium-phosphorus metabolism and neuromuscular function
Neuron Division Activity Abnormality Index	2.899-4.78	Assesses neuron division activity	High values indicate rapid increase in mental stress
Humoral Immunity Abnormality Index	2.737-4.178	Assesses humoral immunity status	Related to resistance and disease-fighting capacity
Memory Brain Cell Activity Abnormality Index	2.593-4.968	Assesses memory-related brain cell activity	Low values may affect memory and concentration
Cranial Nerve Mediator Stability Abnormality Index	1.124-3.613	Assesses neurotransmitter stability	Abnormal values may cause large mental stress fluctuations and negative emotions
Constitution Water Electrolyte Coefficient	33.967-37.642	Assesses body water and electrolyte balance	Reflects body water-electrolyte balance status
Circulating Oxygen Content Relative Index	133.642-141.476	Assesses circulating blood oxygen content	Low values indicate insufficient oxygen supply capacity
Reactivity Relative Index	59.786-65.424	Assesses adrenal secretion and response capacity	Low values indicate low mood and slow response
Neural Velocity Relative Coefficient	58.715-63.213	Assesses nerve conduction velocity	Abnormal values may cause low mood, insomnia, and memory decline
Acid-Base PH Balance Index	7.35-7.45	Assesses body fluid acid-base balance	Deviation from normal range indicates acid-base imbalance

Part 6 Digestive System Indicators

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Gastric Mucosal pH Abnormality Coefficient	4.425-7.872	Assesses intragastric mucosal pH	Reflects gastric mucosal protective status
Gastric Enzyme Secretion Abnormality Coefficient	0.509-1.751	Assesses gastric digestive enzyme secretion	Abnormal values may cause acid reflux and digestive dysfunction
Gastric Motility Impedance Abnormality Coefficient	0.43-0.796	Assesses gastric peristalsis power	Low values indicate insufficient gastric motility
Gastrointestinal Hormone Secretion Abnormality Coefficient	0.421-0.49	Assesses gastrointestinal hormone secretion	Reflects gastrointestinal regulatory function
Gastric Absorption Function Abnormality Coefficient	4.026-11.627	Assesses gastric absorption function	Low values indicate possible impaired nutrient absorption
Gastric Juice pH Abnormality Coefficient	2.039-4.721	Assesses gastric juice acidity	Abnormal values reflect gastric acid secretion status
Small Intestine Peristalsis Function Abnormality Coefficient	3.572-6.488	Assesses small intestinal peristalsis	Low values indicate slow small intestinal peristalsis, may cause constipation or diarrhea
Intestinal Mucosal Barrier Damage Coefficient	133.437-140.4	Assesses intestinal mucosal barrier function	High values indicate possible impaired intestinal barrier and inflammatory response
Gastric Rhythm Disturbance Coefficient	0.13-0.453	Assesses gastric peristalsis rhythm	Abnormal values indicate gastrointestinal rhythm disturbance
Intestinal Motility Impedance Abnormality Coefficient	0.046-0.167	Assesses intestinal motility	Low values indicate insufficient intestinal motility
Gastrointestinal Pressure Abnormality Coefficient	1.126-3.453	Assesses gastrointestinal pressure	Reflects gastrointestinal peristalsis and emptying status
Esophageal Dynamic Pressure Status Abnormality Coefficient	2.964-5.543	Assesses esophageal pressure	Reflects esophageal peristalsis and sphincter function
Gastric Peristalsis Function Risk Coefficient	0.346-2.167	Assesses gastric peristalsis function	Low values indicate insufficient gastric motility
Motilin Secretion Risk Coefficient	0.2-0.75	Assesses motilin secretion	Reflects gastrointestinal motility hormone levels

Part 7 Hepatobiliary System Indicators

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Basic Protein Metabolism Function Risk Index	116.34-220.621	Assesses liver protein metabolism capacity	Abnormal values indicate heavy liver burden
Energy Production Function Risk Index	0.712-0.992	Assesses liver energy metabolism	Reflects liver energy synthesis capacity
Detoxification Catabolism Risk Index	0.21-0.991	Assesses liver detoxification function	Low values indicate decreased liver detoxification capacity
Bile Secretion Function Risk Index	0.433-0.825	Assesses bile secretion	Reflects liver bile synthesis function
Lipoprotein Synthesis Abnormality Index	2.946-3.515	Assesses lipoprotein synthesis	Abnormal values may cause poor metabolism
Alcohol Metabolism Function Index	0.713-0.991	Assesses alcohol metabolism capacity	Low values indicate weak liver alcohol metabolism
Neutral Fat Synthesis Index	3.342-9.461	Assesses neutral fat synthesis	High values may be related to fatty liver and hyperlipidemia
Cholesterol Synthesis Index	3.242-9.814	Assesses cholesterol synthesis	High values indicate possible cholesterol metabolism abnormality
Interstitial Serum Globulin Synthesis Index	126-159	Assesses serum globulin synthesis	Abnormal values indicate liver function and immunity concerns
Interstitial Bilirubin Secretion Activity Coefficient	0.232-0.686	Assesses bilirubin secretion	Abnormal values may cause jaundice and hepatobiliary issues
Alkaline Phosphatase Secretion Activity Coefficient	0.082-0.342	Assesses alkaline phosphatase	Abnormal values indicate cholestasis and chronic liver injury
Interstitial Serum Bile Acid Secretion Activity Coefficient	0.317-0.695	Assesses bile acid secretion	Abnormal values may indicate mild hepatobiliary disease risk
Bilirubin Secretion Activity Coefficient	0.218-0.549	Assesses bilirubin metabolism	Abnormal values may cause obstructive or hepatocellular jaundice
Central Neutral Fat Release Index	2.213-2.717	Assesses neutral fat release	Abnormal values may cause liver function abnormality
Hepatic Glycogen Medium Synthesis Index	1.471-6.079	Assesses hepatic glycogen synthesis	Reflects liver glucose storage capacity
Hepatic Glycogen Medium Decomposition Index	1.023-3.23	Assesses hepatic glycogen decomposition	Related to blood glucose regulation
Fatty Acid Decomposing Enzyme Function Index	4.111-18.742	Assesses fatty acid decomposition capacity	Reflects liver fat metabolism capacity
Bile Excretion Function Index	6.818-16.745	Assesses bile excretion function	Abnormal values indicate gallstones and cholecystitis risk

Part 8 Renal System Indicators

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Urobilinogen Synthesis Abnormality Index	2.762-5.424	Assesses urobilinogen metabolism	Reflects liver and biliary function
Interstitial Uric Acid Decomposition Rate Abnormality Index	1.435-1.987	Assesses uric acid decomposition	High values indicate hyperuricemia risk
Urea Nitrogen Decomposing Enzyme Abnormality Index	4.725-8.631	Assesses urea nitrogen metabolism	Reflects renal protein metabolism capacity
Interstitial Urine Protein Synthesis Risk Index	1.571-4.079	Assesses urine protein risk	Abnormal values may cause kidney and urinary tract health concerns
Electrolyte Concentration Index	4.263-7.241	Assesses electrolyte concentration	Reflects renal electrolyte balance regulation capacity
Acid-Base Balance Abnormality Coefficient	2.254-3.819	Assesses acid-base balance	Reflects renal body fluid pH regulation capacity
Vasoactive Hormone Abnormality Coefficient	3.712-6.987	Assesses vasoactive hormones	Reflects renal hormone secretion for blood pressure regulation
Lysozyme Activity Assay Abnormality Index	4.862-7.425	Assesses lysozyme activity	Abnormal values may induce renal failure risk
Glomerular Filtration Abnormality Index	0.946-3.515	Assesses glomerular filtration function	Reflects kidney blood filtration capacity

Part 9 Immune and Lymphatic System Indicators

9.1 Lymphatic System

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Downregulated Lymphatic Abnormality Coefficient	4.131-4.562	Assesses descending lymphatic circulation	Reflects lymphatic drainage status
Parotid Lymphatic Abnormality Coefficient	1.837-2.979	Assesses parotid lymph nodes	Related to facial and oral inflammation
Upper Limb Lymphatic Abnormality Coefficient	1.117-2.111	Assesses upper limb lymph nodes	Abnormal values may induce lymph node reactive hyperplasia and decreased immunity
Cervical Lateral Lymphatic Abnormality Coefficient	1.444-2.246	Assesses cervical lateral lymph nodes	Abnormal values may cause body soreness and fatigue
Supraclavicular Lymphatic Abnormality Coefficient	0.831-1.599	Assesses supraclavicular lymph nodes	Abnormal values may lead to lymph node enlargement and reactive hyperplasia risk
Axillary Lymphatic Abnormality Coefficient	0.726-1.281	Assesses axillary lymph nodes	Related to chest and upper limb lymphatic drainage
Circulating Immune Lymphatic Activity Index	13.012-17.291	Assesses systemic lymphatic immune activity	Low values indicate decreased lymphatic immune function

9.2 Immunity-Related

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Digestive Tract Comprehensive Immunity Index	0.638-1.712	Assesses digestive tract immune function	Reflects intestinal barrier and local immunity
Circulating Immunoglobulin Abnormality Index	3.716-6.981	Assesses circulating immunoglobulins	Abnormal values may induce insufficient immunity and bacterial infection
Tonsillar Gland Impedance Abnormality Index	0.12-0.5	Assesses tonsil function	Reflects upper respiratory immune barrier

Bone Marrow Impedance Relative Index	0.146-3.218	Assesses bone marrow hematopoietic function	Reflects bone marrow hematopoiesis and immune cell production
Spleen Impedance Relative Index	34.367-35.642	Assesses spleen function	Reflects immune and blood filtration function
Thymus Tissue Neurotransmitter Secretion Index	58.425-61.213	Assesses thymus function	Related to cellular immunity and aging
Respiratory Tract Neurotransmitter Immunity Index	3.241-9.819	Assesses respiratory tract immunity	Reflects respiratory defense function

Part 10 Respiratory System Indicators

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Lobar Central Impedance Relative Index	3348-3529	Assesses lobar central airway resistance	Reflects major airway status
Lobar Medium Impedance Relative Index	4301-4782	Assesses peripheral small airway resistance	Reflects small airway spasm, asthma, COPD status
Airway Resistance Relative Index	1.374-1.709	Assesses airway patency	High values indicate increased airway resistance and decreased lung function
Arterial Blood Oxygen Medium Impedance Relative Coefficient	17.903-21.012	Assesses oxygen transfer efficiency from lungs to blood	Low values indicate decreased lung gas exchange function

Part 11 Fundus Tissue Indicators

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Fundus Retina Risk Index	0.51-3.109	Assesses retinal health	Diabetes and hypertension can cause retinopathy
Optic Nerve Risk Index	2.031-3.107	Assesses optic nerve status	Glaucoma and optic atrophy risk
Choroid Risk Index	0.831-3.188	Assesses choroid health	Choroiditis and age-related macular issues
Fundus Lymphatic Risk Index	1.116-4.101	Assesses fundus lymphatic circulation	Retinal vein occlusion and inflammatory response
Central Arteriovenous Risk Index	0.233-0.559	Assesses fundus arteriovenous vessels	Central arteriovenous pressure and arteriosclerosis concerns
Fundus Macular Risk Index	0.332-0.726	Assesses macular health	Age-related macular degeneration and macular edema
Visual Fatigue Risk Index	2.017-5.157	Assesses visual fatigue level	Eye strain and dry eye concerns

Part 12 Skin and Subcutaneous Tissue Indicators

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Skin Free Radical Index	0.124-3.453	Assesses skin free radical levels	High values may cause skin laxity, wrinkle formation, and dryness
Skin Collagen Index	4.471-6.079	Assesses skin collagen content	Low values indicate decreased skin elasticity and aging
Skin Oil Immunity Index	14.477-21.343	Assesses skin oil secretion	Abnormal values reflect skin oil balance status
Skin Immunity Index	1.035-3.23	Assesses skin immune function	Reflects skin barrier defense capacity
Skin Moisture Abnormality Index	0.218-0.953	Assesses skin moisture content	Low values indicate dry skin
Skin Moisture Loss Coefficient	2.214-4.158	Assesses skin moisture loss rate	High values may cause dry and rough skin
Skin Capillary Red Risk Index	0.824-1.944	Assesses redness/thread vein risk	High values indicate skin telangiectasia
Skin Elasticity Risk Index	2.717-3.512	Assesses skin elasticity	Low values indicate skin laxity and aging
Skin Melanin Risk Index	0.346-0.501	Assesses melanin levels	Related to pigmentation and skin tone
Skin Keratin Risk Index	0.842-1.858	Assesses stratum corneum status	Reflects skin keratin metabolism

Part 13 Fatty Acid and Amino Acid Indicators

13.1 Fatty Acids

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Saturated Fatty Acid Secretion Index	18-27	Assesses saturated fatty acid levels	High values indicate excessive intake of high-calorie, high-fat foods
Essential Fatty Acid Secretion Index	2.125-3.218	Assesses essential fatty acid levels	Low values indicate insufficient essential fatty acids
Unsaturated Fatty Acid Secretion Index	2.66-4.232	Assesses unsaturated fatty acid levels	Reflects quality fat intake and metabolism
Circulating Phospholipid Secretion Index	0.88-1.653	Assesses circulating phospholipid levels	Related to cell membrane function
Circulating Lecithin Secretion Index	1.828-2.793	Assesses lecithin levels	Related to liver function and lipid metabolism
Circulating Cephalin Secretion Index	0.372-1.031	Assesses cephalin levels	Related to nerve cell membranes
Circulating Sphingomyelin Secretion Index	1.318-2.415	Assesses sphingomyelin levels	Related to nerve myelin sheaths and cell membranes
Circulating Sphingolipid Secretion Index	3.694-9.742	Assesses sphingolipid levels	Related to nerve tissue and cell signaling
Circulating Triglyceride Secretion Index	1.116-2.101	Assesses triglyceride levels	High values indicate dyslipidemia risk
Circulating Liposome Secretion Index	0.87-1.704	Assesses liposome levels	Reflects lipid metabolism status

13.2 Amino Acids

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Hydroxyphenethyl Alcohol Content Index	0.253-0.65	Assesses related metabolite	Abnormal values may cause insufficient amino acid secretion
Phenylalanine Secretion Index	0.731-1.307	Assesses phenylalanine levels	Related to protein metabolism
Methionine Secretion Coefficient	0.432-0.83	Assesses methionine levels	Involved in hemoglobin synthesis and spleen/pancreas/lymphatic function
Central Threonine Secretion Index	0.422-0.817	Assesses threonine levels	Related to protein synthesis and collagen
Central Isoleucine Secretion Index	1.831-3.248	Assesses isoleucine levels	Involved in spleen and pituitary regulation; helps treat neurological disorders and anemia
Central Leucine Secretion Index	2.073-4.579	Assesses leucine levels	Branched-chain amino acid, related to muscle metabolism
Central Valine Secretion Index	2.012-4.895	Assesses valine levels	Acts on corpus luteum, breast, and ovary; related to liver failure treatment
Central Histidine Secretion Index	2.903-4.012	Assesses histidine levels	Related to tissue repair and growth
Central Arginine Secretion Index	0.71-1.209	Assesses arginine levels	Related to immunity, wound healing, and hormone secretion

Part 14 Trace Element Indicators

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Interstitial Calcium Relative Index	1.219-3.021	Assesses body calcium levels	Abnormal values may cause osteoporosis; maintains bone and muscle function
Interstitial Iron Relative Index	1.151-1.847	Assesses body iron levels	Abnormal values may induce anemia and throat/stomach health concerns
Interstitial Zinc Relative Index	1.143-1.989	Assesses body zinc levels	Abnormal values may induce cholesterol metabolism issues, elevated lipids, and arteriosclerosis
Interstitial Selenium Relative Index	0.847-2.045	Assesses body selenium levels	Antioxidant and immunity-related
Interstitial Phosphorus Relative Index	1.195-2.134	Assesses body phosphorus levels	Works with calcium to maintain bone health
Interstitial Potassium Relative Index	0.689-0.987	Assesses body potassium levels	Related to heart rate and muscle function
Interstitial Magnesium Relative Index	0.568-0.992	Assesses body magnesium levels	Related to neuromuscular function and cardiovascular health
Interstitial Copper Relative Index	0.474-0.749	Assesses body copper levels	Related to iron metabolism and connective tissue
Interstitial Cobalt Relative Index	2.326-5.531	Assesses body cobalt levels	Component of vitamin B12
Interstitial Manganese Relative Index	0.497-0.879	Assesses body manganese levels	Related to bone and metabolism
Interstitial Iodine Relative Index	1.421-5.49	Assesses body iodine levels	Raw material for thyroid hormone synthesis
Interstitial Nickel Relative Index	2.462-5.753	Assesses body nickel levels	Related to certain enzyme activities
Interstitial Fluorine Relative Index	1.954-4.543	Assesses body fluorine levels	Related to dental and bone health
Interstitial Molybdenum Relative Index	0.938-1.712	Assesses body molybdenum levels	Related to certain oxidase enzymes
Interstitial Vanadium Relative Index	1.019-3.721	Assesses body vanadium levels	Related to glucose and bone metabolism
Interstitial Tin Relative Index	1.023-7.627	Assesses body tin levels	Related to hair and teeth
Interstitial Silicon Relative Index	1.425-5.872	Assesses body silicon levels	Related to bone and connective tissue
Interstitial Strontium Relative Index	1.142-5.862	Assesses body strontium levels	Related to bone health
Interstitial Boron Relative Index	1.124-3.457	Assesses body boron levels	Abnormal values may cause vitamin C deficiency; maintains bone health and calcium-phosphorus-magnesium metabolism

Part 15 Vitamins and Coenzyme Indicators

15.1 Vitamins

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Central Interstitial Vitamin A Relative Index	0.346-0.401	Assesses vitamin A levels	Abnormal values may induce aging risk; related to epithelial cells and vision
Central Interstitial Vitamin B1 Relative Index	2.124-4.192	Assesses vitamin B1 levels	Abnormal values may induce aging risk; governs carbohydrate metabolism

Central Interstitial Vitamin B2 Relative Index	1.549-2.213	Assesses vitamin B2 levels	Related to energy metabolism and skin/mucous membranes
Central Interstitial Vitamin B3 Relative Index	14.497-21.348	Assesses vitamin B3 (niacin) levels	Abnormal values may induce sex hormone and gastrointestinal secretion deficiency
Central Interstitial Vitamin B6 Relative Index	0.829-1.942	Assesses vitamin B6 levels	Related to protein metabolism and neurotransmitters
Central Interstitial Vitamin B12 Relative Index	6.428-21.396	Assesses vitamin B12 levels	Related to hematopoiesis and nerve function
Central Interstitial Vitamin C Relative Index	4.543-5.023	Assesses vitamin C levels	Antioxidant, immunity, collagen synthesis
Central Interstitial Vitamin D3 Relative Index	5.327-7.109	Assesses vitamin D3 levels	Related to calcium absorption, bone health, and immunity
Central Interstitial Vitamin E Relative Index	4.826-6.013	Assesses vitamin E levels	Abnormal values may induce premature aging; protects cells from oxidation
Central Interstitial Vitamin K Relative Index	0.717-1.455	Assesses vitamin K levels	Related to blood clotting and bone health

15.2 Coenzymes

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Coenzyme Q10 Relative Index	0.833-1.588	Assesses coenzyme Q10 levels	Cardiac energy metabolism and antioxidant
Niacinamide Relative Index	2.074-3.309	Assesses niacinamide (vitamin B3) levels	Abnormal values cause decreased metabolic function
Circulating Biotin Relative Index	1.833-2.973	Assesses biotin (vitamin B7) levels	Related to carbohydrate, fat, and protein metabolism
Circulating Pantothenic Acid Relative Index	1.116-2.112	Assesses pantothenic acid (vitamin B5) levels	Related to hormone synthesis and energy metabolism
Circulating Folic Acid Relative Index	1.449-2.245	Assesses folate levels	Related to hematopoiesis, fetal development, and homocysteine

15.3 Endocrine Circulation

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Circulating Factor Pituitary Secretion Index	2.163-7.321	Assesses pituitary circulating secretion	Abnormal values may cause endocrine imbalance
Basal Metabolism Secretion Activity Index Coefficient	2.209-2.819	Assesses basal metabolic activity	Reflects overall metabolic rate
Thymic Neurotransmitter Secretion Index	2.966-3.528	Assesses thymus secretion function	Related to cellular immunity
Glandular Sex Hormone Secretion Activity Index	2.204-2.816	Assesses sex hormone secretion	Related to reproduction and secondary sexual characteristics

Part 16 Skeletal and Motor System Indicators

16.1 Rheumatic Bone Disease

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Lumbar Fibrous Process Orientation Activity Relative Index	0-1	Assesses lumbar fibrous status	Reflects lumbar structure and function
Shoulder Muscle Adhesion Relative Index	0.1-0.2	Assesses shoulder muscle adhesion	Abnormal values may cause impaired qi and blood flow and frozen shoulder
Limb Circulation Restricted Elasticity Relative Coefficient	0-3	Assesses limb circulation and elasticity	Reflects peripheral circulation status
Ligament Degeneration Relative Index	0.1-0.4	Assesses ligament aging degree	High values indicate ligament degeneration
Cervical Spine Calcification Risk Index	421-490	Assesses cervical spine calcification degree	High values indicate cervical bone hyperplasia and cervical spondylosis risk
Lumbar Spine Calcification Risk Index	4.626-7.531	Assesses lumbar spine calcification degree	High values indicate lumbar spine degeneration
Bone Hyperplasia Risk Index	2.954-5.533	Assesses bone hyperplasia risk	High values indicate bone spur and bone hyperplasia risk
Rheumatic Bone Disease Risk Index	2.019-4.781	Assesses rheumatic bone disease risk	High values indicate rheumatic joint problems
Rheumatic Bone Disease Risk Index	4.023-11.637	Assesses rheumatic bone disease risk	High values indicate joint inflammation and pain risk

16.2 Bone Density

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Osteoclast Impedance Coefficient	86.73-180.97	Assesses osteoclast activity	Abnormal values indicate abnormal bone metabolism and may lead to osteoporosis
Calcium Loss Impedance Coefficient	0.209-0.751	Assesses calcium loss rate	Low values indicate accelerated calcium loss
Bone Hyperplasia Degree Relative Index	0.03-0.167	Assesses bone hyperplasia degree	High values indicate bone spurs and bone hyperplasia
Osteoporosis Degree Relative Index	0.125-0.453	Assesses osteoporosis degree	High values indicate decreased bone density and fracture risk
Bone Density Relative Index	0.433-0.79	Assesses overall bone density	Low values indicate osteoporosis

16.3 Bone Growth

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Bone-Derived Alkaline Phosphatase Relative Index	0.42-0.796	Assesses osteoblast regeneration capacity	Low values indicate poor osteoblast regeneration capacity
Osteocalcin (BGP) Relative Coefficient	0.525-0.817	Assesses osteocalcin levels	Reflects bone formation and calcium deposition capacity
Long Bone Healing Status Relative Index	0.713-0.992	Assesses long bone healing capacity	Reflects limb long bone repair capacity
Short Bone Cartilage Healing Status Relative Index	0.202-0.991	Assesses short bone cartilage healing	Abnormal values may cause nutrient deficiency
Epiphyseal Line Relative Index	0.432-0.826	Assesses epiphyseal line status	For adults, values within normal range are sufficient

16.4 Metabolic Balance (Impedance Type)

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Periosteum Impedance Relative Coefficient	7.245-8.562	Assesses periosteum status	Reflects bone peripheral tissue status
Subcutaneous Superficial Impedance Relative Coefficient	4.533-6.179	Assesses subcutaneous superficial tissue	Reflects skin and subcutaneous tissue status
Circulating Endocrine Impedance Relative Coefficient	6.178-8.651	Assesses endocrine circulation impedance	Reflects endocrine circulatory function
Cardio-Cerebrovascular Impedance Relative Coefficient	3.586-4.337	Assesses cardio-cerebrovascular impedance	Reflects cardio-cerebrovascular circulatory resistance
Central Digestive System Impedance Relative Coefficient	3.492-4.723	Assesses digestive system impedance	Reflects gastrointestinal function and peristalsis
Circulating Immune System Impedance Relative Coefficient	3.376-4.582	Assesses immune system impedance	Reflects immune circulation status
Joint and Ligament Impedance Relative Coefficient	6.552-8.268	Assesses joint and ligament impedance	Reflects joint inflammation and adhesion status
Muscle Tissue Impedance Relative Coefficient	6.187-8.467	Assesses muscle tissue status	Abnormal values may induce cervical stiffness and cervical spondylosis
Subcutaneous Fat Impedance Relative Coefficient	6.338-8.368	Assesses subcutaneous fat metabolism	Abnormal values may cause metabolic disturbance
Metabolic Organ Impedance Relative Coefficient	6.167-8.466	Assesses metabolic organ function	Reflects liver, kidney, and other metabolic organ status
Central Cell Activity Impedance Relative Coefficient	3.778-4.985	Assesses cell activity	Abnormal values may induce acidic constitution and organ decline
Nervous System Impedance Relative Coefficient	3.357-4.239	Assesses nervous system impedance	Reflects nerve function status
Bone Impedance Relative Coefficient	6.256-8.682	Assesses bone impedance	Abnormal values may induce osteoarthritis and bone spurs
Fundus Nerve Impedance Relative Coefficient	6.352-8.325	Assesses fundus nerve status	Reflects fundus nerve health
Basement Membrane Collagen Impedance Relative Index	0.76-1.824	Assesses basement membrane collagen	Abnormal values may cause dry skin and premature aging
Interstitial Collagen Impedance Relative Index	0.459-2.545	Assesses interstitial collagen	Reflects connective tissue status
Cartilage Collagen Impedance Relative Index	3.344-4.739	Assesses cartilage collagen	Reflects articular cartilage health

Part 17 Toxin and Heavy Metal Indicators

17.1 Toxin Accumulation

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Insoluble Gas Precipitation Risk Coefficient	0.22-0.751	Assesses insoluble gas accumulation in the body	Abnormal values may cause abdominal pain; reduce stimulating beverages
Electromagnetic Radiation Risk Coefficient	0.046-0.169	Assesses accumulated electromagnetic radiation	High values indicate excessive electronic device radiation exposure
Nicotine Risk Index	0.124-0.453	Assesses nicotine exposure	High values indicate smoking or secondhand smoke exposure
Pesticide Residue Risk Index	0.013-0.313	Assesses pesticide residues	High values indicate insufficient fruit and vegetable washing

17.2 Heavy Metal Accumulation

Indicator Name	Normal Range	Plain-Language Explanation	Abnormality Significance
Central Interstitial Lead Relative Index	0.052-0.643	Assesses body lead levels	High values indicate lead exposure risk
Central Interstitial Mercury Relative Index	0.013-0.336	Assesses body mercury levels	High values indicate mercury exposure risk
Central Interstitial Cadmium Relative Index	0.527-1.523	Assesses body cadmium levels	High values indicate cadmium exposure risk
Central Interstitial Chromium Relative Index	0.176-1.183	Assesses body chromium levels	Related to blood glucose regulation
Central Interstitial Arsenic Relative Index	0.153-0.621	Assesses body arsenic levels	High values indicate arsenic exposure risk
Central Interstitial Antimony Relative Index	0.162-0.412	Assesses body antimony levels	Reflects environmental exposure levels
Central Interstitial Thallium Relative Index	0.182-0.542	Assesses body thallium levels	Abnormal values may induce digestive symptoms; neurotoxic substance

Disclaimer

1. This handbook is a companion reference for AI Health Risk Assessment Device reports, designed to help understand the general meaning of each indicator.
2. This device is a health electronic software product. All test data is for health management reference only and is not intended for medical diagnostic purposes.
3. All "abnormality alerts" in the report are algorithm-generated health management direction references and do not constitute a confirmed disease diagnosis.
4. The "normal range" for all indicators is an algorithm reference interval set by the device manufacturer and is not a clinical laboratory standard.
5. The "plain-language explanations" and "abnormality significance" in this handbook are based on device descriptions and general medical knowledge, and do not constitute medical diagnosis or treatment recommendations.
6. If you experience any physical discomfort or receive abnormal indicator alerts, please seek medical attention at a qualified hospital for clinical examination and physician judgment.
7. The clinical significance and diagnostic criteria for specific indicators shall be based on test results from qualified medical institutions.