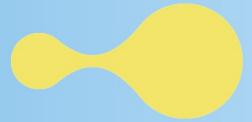


ECG - Based Stress Assessment

bionet HRV Test Report



BIONET

Date

2026-08-07

Patient

bionet About the Bionet HRV Test

The Bionet HRV test measures Heart Rate Variability (HRV) for 3 to 5 minutes in a resting state to evaluate the regulatory function of the autonomic nervous system (ANS), the balance between the sympathetic and parasympathetic nervous systems, and their respective activity levels. This test is utilized as an adjunctive diagnostic tool for conditions such as depression and somatoform disorders. Additionally, an ECG is performed simultaneously using the Bionet analysis algorithm, allowing for the immediate review of arrhythmia analysis results.



Fatigue Recovery



ANS Balance



Arrhythmia Analysis



Vitality



Cardiac Activity



Stress Resistance

HRV Analysis Summary

ECG-Based Stress & Autonomic Nervous System Report

bionet

Bionet Co., Ltd.
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■ Patient

■ Gender/Age **M / 0yr**

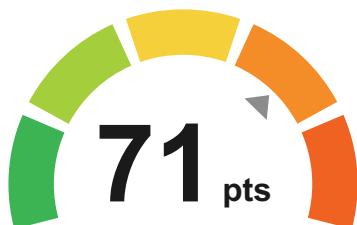
■ Date & Time **2026-08-07 19:32:28**

■ Time

3 min



Overall Stress Score



This score indicates the degree of the body's immediate response to current stress.
The higher the score, the more you need to relieve tension with deep breathing and stretching.

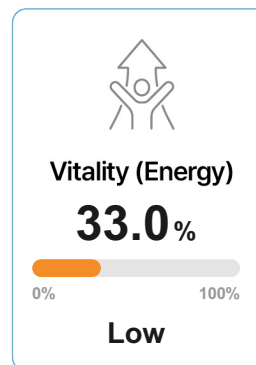
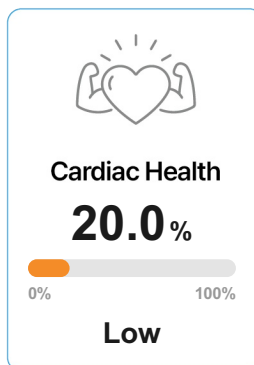
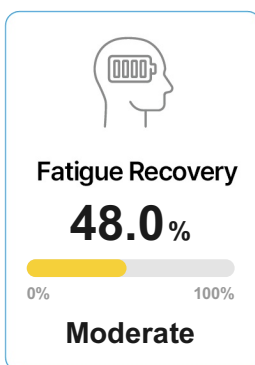
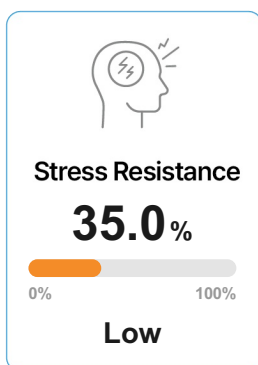
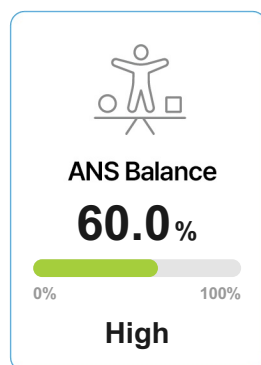


Stress Level Interpretation

Score	Level	Interpretation
80 ~ 100	Very High	Severe reduction in HRV, possible of health problems.
60 ~ 79	High	Reduced HRV, Diminished autonomic function
40 ~ 59	Moderate	Possible autonomic imbalance
20 ~ 39	Low	Within normal range; however, potential accumulation of stress and fatigue.
0 ~ 19	Very Low	Optimal autonomic balance and healthy cardiac function.



5 Key Health Indicators



About the Bionet HRV Analysis

The Bionet HRV test measures Heart Rate Variability (HRV) for 3 to 5 minutes in a resting state to evaluate the regulatory function of the autonomic nervous system (ANS), the balance between the sympathetic and parasympathetic nervous systems, and their respective activity levels. This test is utilized as an adjunctive diagnostic tool for conditions such as depression and somatoform disorders. Additionally, an ECG is performed simultaneously using the Bionet analysis algorithm, allowing for the immediate review of arrhythmia analysis results.



Overall Assessment

i This analysis was performed based on the ECG data above.

The average heart rate is within the normal range; regular exercise and sufficient sleep are important for maintaining the current condition.

Stress load is high; fatigue may accumulate and place greater strain on autonomic function, so sufficient rest and management are needed. Cardiac health is low, and a pattern requiring fatigue and stress management may appear. Stress resistance is low, and the recovery reserve against stress may appear insufficient. Vitality is low, and a tendency to feel fatigued easily may appear. Fatigue recovery is at an appropriate level, but as stress load is high, a pattern of easily accumulating fatigue may appear.

It helps to reduce stimulating foods and irregular meals and to regularly maintain a balanced diet centered on vegetables, fruits, nuts, legumes, and fish. Along with stress load, cardiac-health-related strain appears, so lifestyle management is needed.

ECG Analysis & Heart Rate Assessment

Ensures the reliability of the analysis based on the measured ECG data.

Arrhythmia Diagnosis Result

No arrhythmia occurred. Normal.

What is Arrhythmia?

Arrhythmia refers to a condition in which the heart beats too fast, too slow, or irregularly due to abnormalities in the heart's electrical signals. It is usually temporary, but if it persists, it can lead to serious complications such as stroke or heart failure.

Arrhythmia Classification

Classification	Heart Rate (at rest, per minute)	Main Symptoms and Risks
Normal Sinus Rhythm	60 ~ 100 bpm	Regular and stable condition maintained
Bradycardia (Slow Pulse)	Below 60 bpm	Dizziness, fatigue, risk of fainting due to reduced blood flow to the brain
Tachycardia (Fast Pulse)	Above 100 bpm	Severe palpitations, chest tightness, shortness of breath, chest pain
Irregular Heartbeat	Regardless of heart rate	Intervals between heartbeats are not consistent
Premature Ventricular Contraction (PVC)	Regardless of heart rate	Ventricular beats occurring earlier than normal

ECG Waveform



Heart Rate Information

Mean HR Average Heart Rate	Mean RR Average RR Interval	Min HR Minimum Heart Rate	Max HR Maximum Heart Rate
82 bpm	731 ms	72 bpm	88 bpm

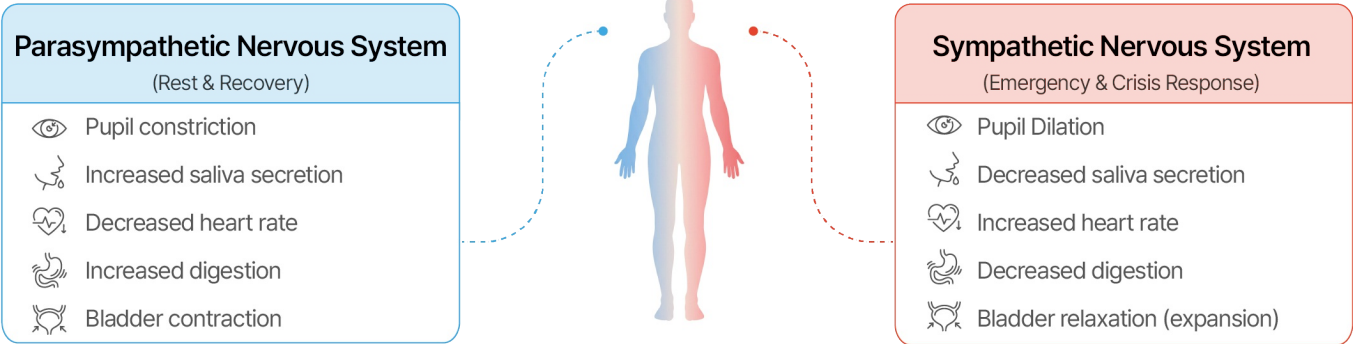
Autonomic Nervous System & Stress Analysis

Analyzes autonomic nervous system balance and stress status based on ECG data.

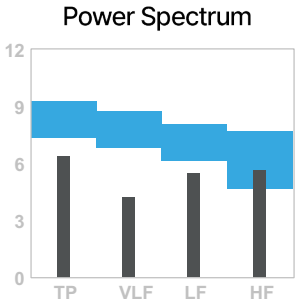
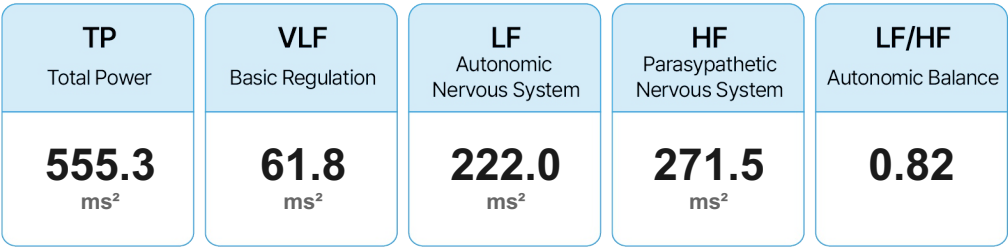
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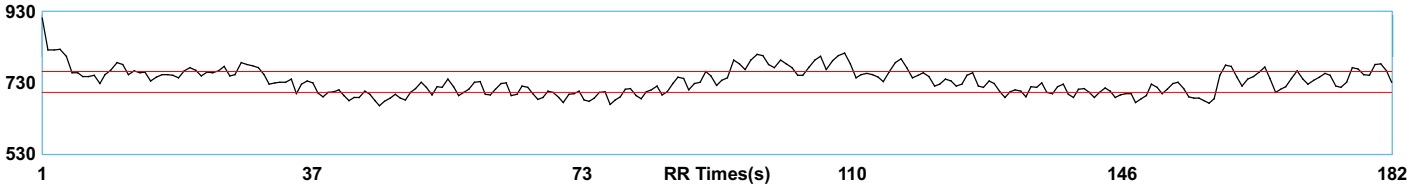
Autonomic Nervous System Overview



Key HRV Parameters



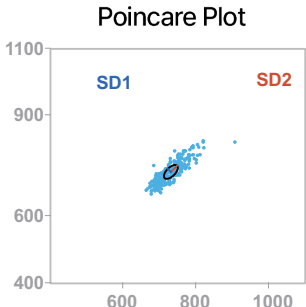
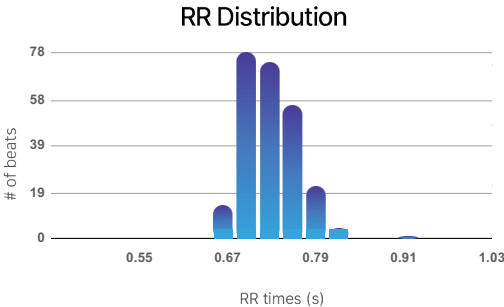
HRV Tachogram



In a healthy state, the graph appears irregular and complex. In diseased state, subtle changes in the heartbeat appear very monotonous.

Time Domain

Measure	Value
Mean RR	730.9 ms
SDNN	19.4 ms
RMSSD	18.5 ms
pNN50	0.81 %



Physician's Comments

Date:

Physician:

(Signature)