



## Thank you :)

Thank you for taking this test. We appreciate the time and effort from your end. The first step in any process must be from the inside. Self-analysis, internalization, and reflection help you navigate life meaningfully and mindfully.

Here's to mindful pregnancy and beyond !

## Expectation and way forward

Hola !

Be patient and kind to yourself. Remember, nobody has the right to scrutinize or judge you in this aspect. Feel free to ask any doubts concerning fertility treatment with our expert.

- This assessment will give you clarity about various aspects of the changes that come with motherhood.
- This extensive test aims to probe into various areas, including physical, mental, emotional, interpersonal relationships, and family dynamics.
- This assessment is a qualitative analysis, not quantitative; that is why there is no scoring given. The aim is to understand the current baseline and guide you with the actionable.
- We have arranged for a free call with our non-judgmental medical expert- a reputed gynaecologist, who will guide you based on your personalized report and help you with all the queries.

## Founder's Note

At Oxyto, we want every woman to go through every decision of her life consciously. Only she has the right to decide what she wants concerning her pregnancy and childbirth. We want to empower each woman in India to make an informed and confident decision while we provide her with all the support.

"A woman is a full circle. Within her is the power to create, nurture and transform."



Srividya





## KYC

Name : Lalithambal	Age : 16	BMI : 16.23
Height : 157	Weight : 40	Your BMI is < 18.5 indicating that you are underweight
Status : Married	Number : +91-8797977667	

## Lifestyle

Physical Activity/Day : Moderately Active	Exercise frequency : once a week / rarely
"Average movement. Looks like you already make sure you move or stay active throughout the day. However, try to increase the active time even more. Include more walking throughout the day."	"Time to wear the sports shoe and get started. Try to work out at least 3 times a week. Plan an exercise routine, it can be a simple walk, dance, yoga, jog, cycle, or hitting the gym"
1 Cup of Fruit/Day : Yes	1 Cup of Vegetable/Day : Yes
Sleep Quality : Inadequate	Smoking : No Cigarettes/Day
Drinking : No	Recreational Drug : Yes
Diabetes : Yes	Hypertension : No







