

Sarah Mitchell

36 years old · ♡ Birthing Partner

Fertility Wellness Score



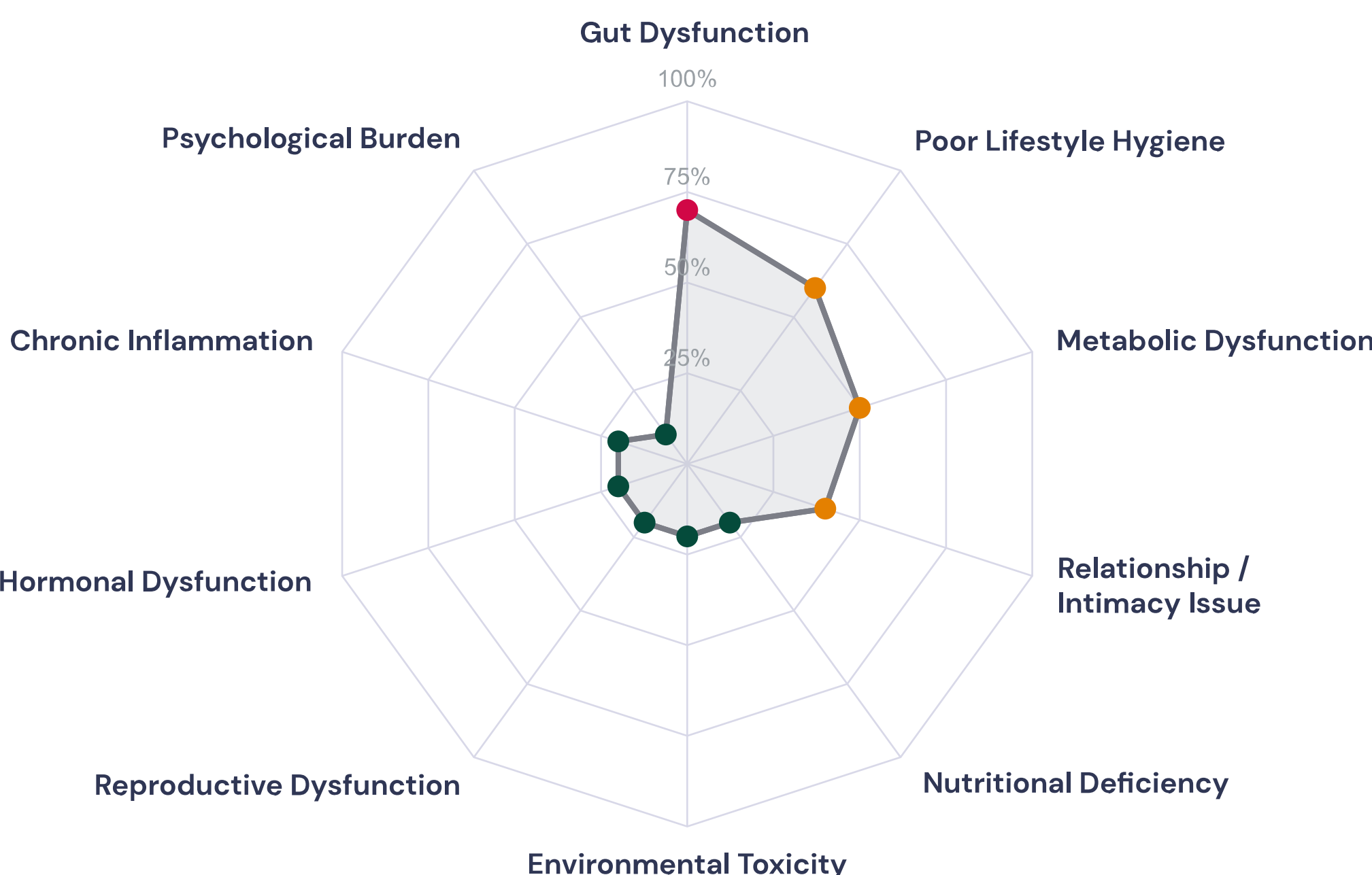
Based on analysis across 7 wellness domains

8 Focus Areas Excellent

4 Focus Areas Fair

1 Focus Areas Needs Attention

Root Cause Analysis & Recommendations



CRITICAL CONCENTRATION — Specialist Referral Required

Needs Attention



Metabolic Dysfunction accounts for 39% of total signal load. Do not proceed with standard recommendations. Seek specialist medical care urgently.



CLINICAL REFERRAL

High Priority

Gastroenterologist Consultation

Reason: Gut Dysfunction



LAB TEST

High Priority

Food Sensitivity Test

Iron Panel

Vitamin B12 Test



CLINICAL SUPPORT

High Priority

Couples Therapy

Reason: Relationship / Intimacy Issue

Partner Counseling

Reason: Psychological Burden



DIET

High Priority

Anti-inflammatory Diet

Mediterranean Diet Plan

Protein Rich Diet



LIFESTYLE INTERVENTION

High Priority

Scheduled Intimacy Program



PROGRAMS

Medium Priority

Alcohol Reduction Coaching

Relationship Coaching



PRODUCT

Medium Priority

Air Purifier



SUPPLEMENT

Medium Priority

Probiotic Supplement

Detailed Insights

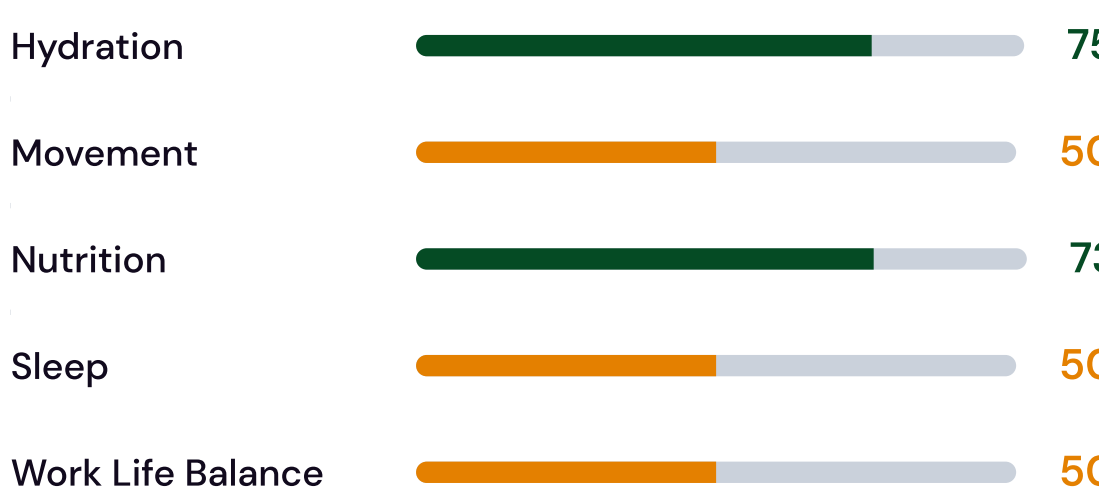


Lifestyle

Lifestyle habits with areas for improvement

59 / 100

Fair

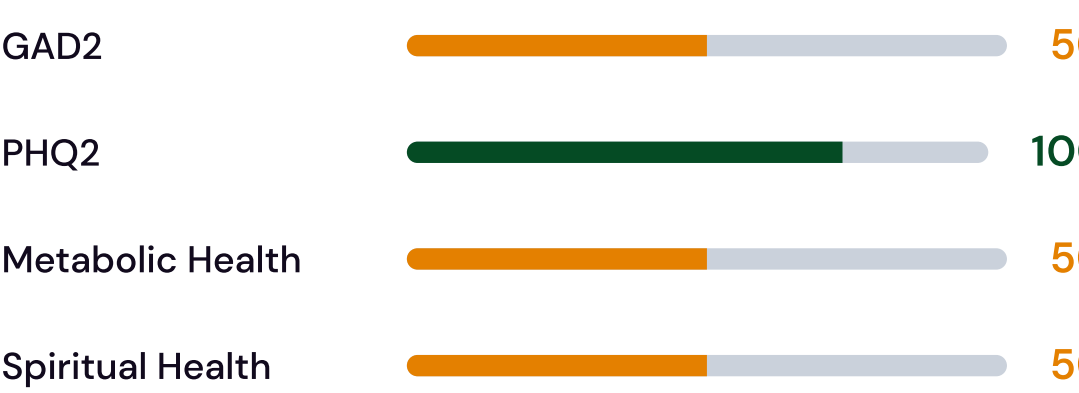


Behavioral Health

Good mental health with some stress noted

59 / 100

Fair

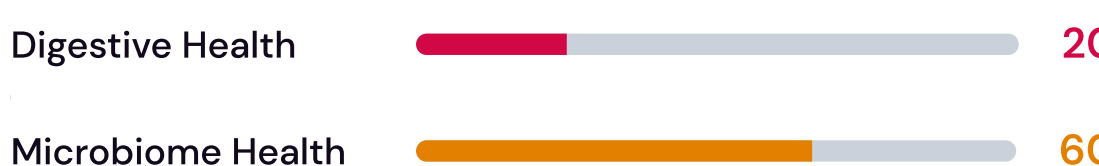


Gut Health

Digestive health with room for improvement

38 / 100

Needs Attention



Cardiometabolic Health

Metabolic markers show room for optimization

74 / 100

Excellent



Reproductive and Hormonal Health

Reproductive system functioning well

79 / 100

Excellent



Intimate Relationship Health

Healthy relationship dynamics supporting fertility journey

76 / 100

Excellent



Environmental Health

Low exposure to environmental toxins

71 / 100

Excellent

