

Eleanor's Thrive Summary

A self-reported summary to bring to a medical visit

Generated: August 12, 2026

Mobility and function

Timed Up and Go (home-administered): 13.4 seconds on 2026-08-09 | prior: 11.8 seconds on 2026-05-18

Self-reported changes in daily function (4 = fully independent, 1 = needs full help):

- Bathing: 4 -> 3 since 2026-05-20
- Shopping: 4 -> 3 since 2026-06-28

Baseline set May 20, 2026. All other domains unchanged.

Home Safety Check (3 rooms): completed 2026-08-02. 11 findings, 1 resolved, 1 in progress

Vision screening: completed 2026-07-11. Self-administered, near-vision line 3 of 5

Medications - taken as logged, last 30 days

Lisinopril (10 mg): 28 of 28 scheduled doses logged as taken (100%)

Amlodipine (5 mg): 28 of 28 scheduled doses logged as taken (100%)

Atorvastatin (20 mg): 26 of 28 scheduled doses logged as taken (93%)

Metformin (500 mg): 55 of 56 scheduled doses logged as taken (98%)

Levothyroxine (75 mcg): 28 of 28 scheduled doses logged as taken (100%)

A dose not logged is not necessarily a dose not taken - logging habits vary.

Vitals - self-measured, last 90 days

Blood pressure: 24 readings; range 118/72 - 148/88; most recent 136/84 on 2026-08-11

Weight: 12 readings; range 154 - 159 lb; most recent 154 lb on 2026-08-10

Blood glucose (fasting): 31 readings; range 96 - 141 mg/dL; most recent 112 mg/dL on 2026-08-12

Daily patterns - last 90 days

Logged 62 of 90 nights. Median 6h 20m. 9 nights under 5 hours, 6 of them in the last three weeks.

Logged 71 of 90 days. "Good" or better on 54.

Walked on 48 of 90 days. Longest streak 9 days, ending July 22.

Notes from this visit

Self-reported by Eleanor using SeniorThrive between May 14, 2026 and Aug 12, 2026. This is not a medical record. Home-administered checks are not clinically supervised. ThriveScore 72 (up 3 since May). Not a clinical measure.

IMPORTANT MEDICAL DISCLAIMER

This report is informational and is not medical advice, diagnosis, or treatment. SeniorThrive is not a medical device. Review this document with a licensed healthcare professional before any change to medication, treatment, or care. In an emergency, call 911.

DISCLAIMER

This document is for your personal records. It is not medical, legal, or financial advice. For questions about this information, talk to your family, caregiver, doctor, or the appropriate licensed professional.