Verified with notes by AssuredAI

This content was run through AssuredAI's compliance pipeline on May 15, 2026 at 4:42 AM. The hash chain at the bottom of this document cryptographically links the audit entry to every prior verification — back to the genesis record.

Audit #46 | Scenario: healthcare | Latency: 498ms

VERIFIED ARTICLE

Regular physical activity helps lower blood pressure and reduces the risk of cardiovascular disease. The CDC recommends adults get at least 150 minutes of moderate-intensity aerobic activity per week.

Supported (similarity 0.61) — CDC, CDC, CDC

'Disclaimer auto-injected by AssuredAI

SOURCES CITED · 2

CDC **Preventing High Blood Pressure**
CDC · https://www.cdc.gov/high-blood-pressure/prevention/index.html

CDC **About High Blood Pressure**
CDC · https://www.cdc.gov/high-blood-pressure/about/index.html

COMPLIANCE METADATA

OUTCOME
answered

SCENARIO
healthcare

PII DETECTED (INPUT)
No

PII DETECTED (OUTPUT)
No

DISCLAIMER
Auto-injected

LATENCY
498ms

VERIFIED AT
May 15, 2026 at 4:42 AM

CRYPTOGRAPHIC FINGERPRINT

```
previous: ddd0c31675a11bde5554190f2fb62fee8dcd206112c11e5a16a08f980269a6e0
this:     47db7fddadabf11b21bdbf9c73608ffbedc672dab456f42cc6b713a63ebf54e2
```

Re-verify this proof at any time: visit /v/46 and click **Verify chain**. Each entry hashes the previous entry's hash with SHA-256, so altering any historical row breaks every entry that follows.