

Supplementary Table 1 Multidimensional clinical indicators descriptive statistics

Indicators	<i>n</i>	Minimum	Maximum	Mean	Std. deviation
Height	778	147.0	193.7	168.795	8.1413
Weight	778	38.2	142.1	76.189	14.0218
BMI	867	16.00	42.60	26.5723	3.79191
Systolic blood pressure	786	80	196	126.79	17.347
Diastolic blood pressure	786	48	114	77.89	12.142
WC	774	55	129	88.63	10.479
Hip circumference	774	79	128	97.53	7.176
Waist-to-hip ratio	773	0.66	1.20	.9082	0.07617
Gender	1010	1	2	1.26	0.440
Age	1010	19	86	43.45	12.570
Education level	1010	0	3	0.74	0.690
Marital status	991	1	3	1.15	0.364
Dietary habits	985	1	3	2.47	0.850
Exercise type	711	0	3	1.28	0.972
Number of exercise sessions per week	701	0	7	2.46	2.499

Duration of each exercise session	700	0	300	37.18	37.245
Smoking status	722	0	2	1.58	0.496
Alcohol consumption	737	0	2	1.59	0.495
Daily WeChat steps	937	0	120000	6924.69	5485.561
WBC	978	2.15	13.39	6.1838	1.43542
Neut%	889	35.00	82.40	56.5873	7.86784
Neut	981	0.76	21.82	3.5515	1.25287
Lymph%	981	9.40	53.90	33.3844	7.37598
Lymph	981	0.70	3.98	2.0304	0.53843
Hb	981	55	186	149.04	13.984
RBC	980	3.50	6.96	4.9707	0.45986
HCT	979	0.27	0.54	0.4426	0.03612
MCV	889	63.9	102.1	89.119	4.0295
MCH	889	20.4	35.0	30.079	1.6529
MCHC	889	293	374	337.48	10.322
RDW-SD	889	32.7	51.5	41.087	2.5596
Red cell distribution width-CV	889	11.0	18.5	12.702	0.7908
PLT	981	43	653	244.55	60.106

MPV	889	7.9	14.0	9.985	0.8690
P_LCR	889	8.6	57.4	24.766	6.8177
PDW	889	7.4	20.1	11.340	1.8881
PCT	889	0.1	0.6	0.247	0.0616
Eos%	889	0.00	12.71	2.3570	1.66826
Eos	981	0.00	0.95	0.1467	0.11304
Baso%	889	0.00	1.90	0.5053	0.27586
Baso	981	0.00	0.13	0.0309	0.01804
Mono%	889	3.40	14.80	7.1372	1.58099
Mono	981	0.07	1.19	0.4414	0.13203
ALT	979	4	282	32.90	28.740
AST	832	5	172	23.79	13.237
AST/ALT	831	0.30	4.40	0.8875	0.40598
γ-GT	828	6	567	41.67	42.600
ALP	798	9	145	72.38	18.529
TBIL	930	2.21	47.99	12.7500	5.68527
IDBIL	769	0.23	34.09	7.9502	3.91352
DBIL	860	1.51	14.82	4.8144	1.69060

TP	929	59.62	84.56	71.6171	3.61803
ALB	930	40	53	46.26	2.335
GLO	769	16.73	37.53	25.4333	3.18601
A/G Ratio	838	1.20	2.93	1.8428	0.26508
TBA	685	0.4	34.2	3.911	3.3211
PA	683	0.15	0.46	0.2747	0.04412
LDH	686	83.53	321.63	179.0834	29.74267
TG	917	0.35	11.69	1.8549	1.12146
TC	917	2.31	11.85	4.7708	0.87007
HDLC	907	0.63	5.45	1.1736	0.30702
LDLC	907	0.80	9.48	3.0390	0.79466
ApoA1	118	0.85	1.72	1.2637	0.20278
ApoB	121	0.34	6.90	1.1276	0.78750
LP_a	169	0.4	95.8	13.589	18.4020
Cr	973	40.0	147.0	78.279	15.3828
Urea	960	2.09	16.45	4.9511	1.25026
UA	972	34	759	376.02	90.341
Neu/ALB	929	0.02	0.45	0.0769	0.02747

Cr/urea	960	6.54	30.87	16.4243	4.07755
UA/Cr	972	0.49	9.37	4.8868	1.13675
Cr/Weight	770	0.45	2.04	1.0311	0.24540
CycC	400	0.59	1.64	0.9023	0.13735
GLU	911	3.90	15.76	5.4614	1.27633
T4	764	47.900	188.000	99.31741	16.482458
T3	764	0.890	21.900	1.92549	1.104090
TSH	764	0.005	16.200	2.00803	1.300388
AFP	911	0.80	23.50	3.0048	1.81911
CEA	912	0.30	8.70	1.7763	1.15513
TPSA	548	0.010	14.000	1.11543	1.179892
FPSA	444	0.010	1.420	0.33275	0.208475
FPSA/TPSA	444	0.050	1.000	0.34820	0.131727
CA199	725	2.000	63.500	9.60364	7.879107
CA242	417	0.00	37.57	9.0525	7.09253
CA50	189	0.006	59.328	8.26681	7.786946
NSE	433	4.60	18.80	12.0227	2.15491

CYFRA211	249	0.58	8.87	1.9050	1.00288
Ferritin	140	6	1733	346.89	266.414
Glycated hemoglobin	495	4.3	11.8	5.908	0.8968
C-reactive protein	261	0.19	49.71	1.9832	3.66686
Intraocular pressure of the right eye	446	8	29	14.94	3.108
Intraocular pressure of the left eye	446	8	26	14.95	3.022
Homocysteine	295	3.9	61.1	12.652	6.3233
Urine glucose	864	0	3	0.12	0.571
Urine ketone bodies	864	0	1	0.04	0.205
Urine bilirubin	864	0	1	0.00	0.048
Urine leukocytes	864	0	3	0.15	0.550
Urine pH	864	5.0	7.5	5.865	0.5966
Urine nitrite	864	0	1	0.00	0.068
Urine specific gravity	864	1.005	1.030	1.02298	0.006731
Urine occult blood	864	0	3	0.23	0.602
Urine protein	864	0	2	0.01	0.159
Urine vitamin C	864	0	3	0.15	0.463

Urine microscopic red blood cells	864	0	1	0.17	0.373
Urine microscopic white blood cells	864	0	1	0.10	0.295
Urine microscopic epithelial cells	864	0	1	0.05	0.220
Urine microscopic casts	864	0	1	0.00	0.034
Urine squamous epithelial cells	790	0	367	9.39	31.940
Urine non-squamous epithelial cells	790	0	21	0.59	1.534
Urine crystal examination	790	0	4358	24.09	185.118
Urine red blood cell count	790	0	221	5.59	17.588
Urine white blood cell count	790	0	361	6.95	22.061
Urine red blood cells	790	0.00	39.78	1.0059	3.16589
Urine white blood cells per high power field	789	0.00	64.98	1.2534	3.97331
Urine microalbumin	269	0.084	667.800	25.02801	72.897122
Tongue color	924	1	4	1.21	0.526
Redness at the sides and tips	924	0	1	0.60	0.489
Ecchymosis and petechiae	924	0	1	0.01	0.118

Fur color	924	1	3	1.08	0.282
Fur thickness	924	1	2	1.56	0.496
greasy tongue coating	924	0	1	0.34	0.475
Fur peeling	924	0	1	0.00	0.057
Tongue swelling or thinness	924	1	3	1.70	0.497
Indentations from teeth	924	0	1	0.33	0.470
Punctate or spiny projections	924	0	1	0.05	0.226
Fissures	924	0	1	0.59	0.492
Full tongue lab-l	924	32.15	66.25	52.8959	4.46200
Full tongue lab-a	924	4.31	19.49	11.2336	2.41244
Full tongue lab-b	924	-4.13	6.22	0.2711	1.91136
Middle of tongue lab-L	924	40.91	68.53	55.6676	4.45297
Middle of tongue lab-a	924	4.29	20.70	11.5617	3.02422
Middle of tongue lab-b	924	-4.73	7.87	0.5904	2.41289
Root of tongue lab-l	924	18.88	64.11	46.7989	6.85817
Root of tongue lab-a	924	3.35	17.37	10.3321	2.39300
Root of tongue lab-b	924	-4.85	6.22	0.0124	1.61587

Left side of tongue lab-l	924	27.74	65.84	52.7397	4.75292
Left side of tongue lab-a	924	4.08	19.33	11.3149	2.33727
Left side of tongue lab-b	924	-4.56	5.78	-0.0992	1.82317
Right side of tongue lab-l	924	28.52	67.45	53.3854	4.74622
Right side of tongue lab-a	924	4.05	19.88	10.6446	2.46597
Right side of tongue lab-b	924	-4.90	6.18	0.2354	1.93259
Tip of tongue lab-l	924	42.15	67.89	55.8872	4.42189
Tip of tongue lab-a	924	5.06	23.35	12.3137	3.09472
Tip of tongue lab-b	924	-5.12	8.04	0.6162	2.41692
Coating at middle of tongue lab-l	924	43.10	70.22	57.6632	4.93376
Coating at middle of tongue lab-a	924	3.31	22.12	11.2162	3.26418
Coating at middle of tongue lab-b	924	-5.34	8.61	-0.0789	2.43610
Coating at root of tongue lab-l	924	21.83	69.66	53.7852	6.94561
Coating at root of tongue lab-a	924	1.07	18.15	8.9203	2.82036
Coating at root of tongue lab-b	924	-5.94	6.06	-0.6649	1.90284

Coating at left side of tongue lab-l	924	32.79	68.95	56.5455	5.10832
Coating at left side of tongue lab-a	924	1.87	21.07	10.3818	2.81281
Coating at left side of tongue lab-b	924	-5.51	5.54	-0.6206	2.00633
Coating at right side of tongue lab-l	924	35.01	69.20	56.7908	5.12767
Coating at right side of tongue lab-a	924	2.18	21.65	9.7722	2.83265
Coating at right side of tongue lab-b	924	-5.29	6.01	-0.4877	2.04779
Coating at tip of tongue lab-l	924	42.22	69.24	57.0808	4.92579
Coating at tip of tongue lab-a	924	3.97	23.25	11.6150	3.14522
Coating at tip of tongue lab-b	924	-5.21	7.86	-0.1700	2.33914
Coating at full tongue lab-l	924	36.75	68.82	56.3731	4.95559
Coating at full tongue lab-a	924	2.54	21.10	10.3810	2.78614
Coating at full tongue lab-b	924	-4.85	6.16	-0.4045	2.03604
Gloss (or luster)	903	0	2	0.77	0.466
Lip color	903	1	3	1.26	0.597
Average heart rate	860	45	129	76.17	11.307

Pericardium meridian	860	-28	14	-3.40	6.105	1	value:
Liver meridian	860	-35	54	12.78	7.798		Indicates the
Kidney meridian	860	-29	87	10.64	20.124		lightness of an
Spleen meridian	860	-64	58	-22.33	17.110		image, the
Lung meridian	860	-67	100	-17.42	19.750		higher the
Stomach meridian	860	-54	100	13.02	24.835		value, the
Gallbladder meridian	860	-58	100	2.99	28.710		greater the
Bladder meridian	860	-62	83	-17.03	21.862		brightness. a
							value:

Distinguishes the redness of the tongue body and the thickness of the tongue coating. b value: Distinguishes the white/yellow of the tongue coating, positively correlated, a white coating has a lower overall b value, while a yellow coating has a higher overall b value. ALT: Alanine aminotransferase; AST: Aspartate aminotransferase; γ -GT: Gamma-glutamyl transferase; TG: Triglyceride; BMI: Body mass index; WC: Waist circumference; UA: Uric acid; Cr: Creatinine; FPSA: Free prostate-specific antigen; WBC: White blood cell count; RBC: Red blood cell count; PA: Peak expiratory flow; HCT: Hematocrit; GLO: Globulin; Neu: Neutrophil; ALB: Albumin; PCT: Procalcitonin; PLT: Platelets; TP: Total protein; RDW: Red cell distribution width; MCHC: Mean corpuscular hemoglobin concentration; ALP: Alkaline phosphatase; MCV: Mean corpuscular volume.

Supplementary Table 2 Indicators dataset after data cleaning

Variable		Group 0 median (IQR)	Group 1 median (IQR)	P value	Level	Group 0 count (%)	Group 1 count (%)
Height		169.20 (164.00-173.00)	169.20 (163.50-174.53)	0.196 (NS)			
			76.40				
Weight		72.90 (65.15-78.10)	(70.70-86.22)	0.000			
			26.70				
BMI		25.50 (23.65-27.40)	(25.18-29.20)	0.000			
Systolic pressure	blood	128.00 (114.00-136.00)	128.00 (117.00-139.00)	0.044			
Diastolic pressure	blood		78.00	0.232			
		78.00 (70.00-85.00)	(71.00-86.00)	(NS)			
			90.00				
WC		87.00 (81.00-91.00)	(85.00-96.00)	0.000			
			97.00				
Hip circumference		96.00 (92.00-99.50)	(94.00-102.00)	0.000			
Waist-to-hip ratio		0.91 (0.86-0.94)	0.92 (0.88-0.97)	0.000			
White blood cell count		5.83 (4.99-6.72)	6.24 (5.33-7.17)	0.000			

		56.40	
Neut%	57.70 (52.45-63.10)	(51.20-61.40)	0.032
			0.053
Neut#	3.42 (2.67-3.98)	3.51 (2.88-4.15)	(NS)
		33.50	0.060
Lymph%	32.30 (26.90-37.05)	(28.50-38.12)	(NS)
Lymph#	1.84 (1.55-2.14)	2.05 (1.71-2.45)	0.000
	148.00	151.00	
Hb	(139.00-156.00)	(142.00-160.00)	0.003
Red blood cell count	4.90 (4.55-5.20)	5.00 (4.72-5.29)	0.000
Hematocrit	0.44 (0.41-0.46)	0.45 (0.42-0.47)	0.030
Mean corpuscular		88.80	
volume	89.50 (86.90-92.45)	(86.60-91.10)	0.002
Mean corpuscular		30.10	0.302
hemoglobin	30.30 (29.30-31.20)	(29.30-30.90)	(NS)
Mean corpuscular			
hemoglobin	336.00	339.00	
concentration	(330.00-344.00)	(333.00-346.00)	0.003
Red cell distribution	41.50 (39.60-43.50)	40.70	0.001

width-SD		(39.10-42.52)	
Red cell distribution			
width-coefficient of		12.60	0.370
variation	12.60 (12.20-13.20)	(12.20-13.03)	(NS)
	232.00	243.00	
Platelet count	(196.00-270.00)	(211.00-284.00)	0.002
			0.472
Mean platelet volume	9.90 (9.30-10.50)	9.90 (9.47-10.50)	(NS)
		24.25	0.362
Large platelet ratio	24.10 (19.65-28.85)	(20.68-28.80)	(NS)
Platelet distribution		11.10	0.200
width	11.10 (9.80-12.20)	(10.10-12.40)	(NS)
Platelet crit	0.20 (0.20-0.30)	0.25 (0.20-0.30)	0.001
			0.060
Eosinophil percentage	1.80 (1.10-3.20)	2.00 (1.30-3.00)	(NS)
Eosinophil absolute			
value	0.10 (0.06-0.18)	0.12 (0.08-0.20)	0.003
			0.165
Basophil percentage	0.50 (0.30-0.65)	0.50 (0.30-0.70)	(NS)

Basophil	absolute			
value	0.03 (0.02-0.04)	0.03 (0.02-0.04)	0.003	
			0.288	
Monocyte percentage	6.80 (5.90-8.00)	7.00 (6.10-8.10)	(NS)	
Monocyte	absolute			
value	0.40 (0.32-0.48)	0.43 (0.35-0.53)	0.000	
		31.00		
ALT	19.00 (14.00-26.50)	(20.00-50.50)	0.000	
		22.00		
AST	20.00 (16.00-21.00)	(18.00-28.00)	0.000	
AST/ALT ratio	0.91 (0.77-1.16)	0.75 (0.59-0.88)	0.000	
		33.00		
γ-GT	28.00 (19.00-34.00)	(26.00-50.25)	0.000	
		70.00		
Alkaline phosphatase	70.00 (60.00-79.00)	(62.00-82.00)	0.040	
			0.327	
Total bilirubin	11.88 (9.51-15.23)	11.71 (9.27-14.80)	(NS)	
			0.540	
Indirect bilirubin	7.21 (5.72-9.37)	7.21 (5.61-9.22)	(NS)	

			0.126
Direct bilirubin	4.49 (3.80-5.50)	4.49 (3.76-5.37)	(NS)
		71.43	
Total protein	71.18 (68.75-73.34)	(69.65-74.14)	0.002
		46.00	0.905
Albumin	46.00 (45.00-48.00)	(45.00-48.00)	(NS)
		25.54	
Globulin	25.07 (22.80-26.63)	(23.86-27.52)	0.000
A/G ratio	1.86 (1.71-2.04)	1.80 (1.65-1.96)	0.001
Total bile acids	3.10 (2.10-3.80)	3.10 (2.30-4.33)	0.027
Prealbumin	0.27 (0.25-0.29)	0.27 (0.25-0.30)	0.015
Lactate	177.53	177.53	
dehydrogenase	(162.85-187.50)	(161.85-195.86)	0.046
TG	1.32 (0.92-1.89)	1.81 (1.37-2.51)	0.000
Total cholesterol	4.59 (4.04-5.08)	4.82 (4.32-5.40)	0.000
HDL-C	1.20 (1.01-1.40)	1.08 (0.95-1.27)	0.000
LDL-C	2.88 (2.38-3.35)	3.11 (2.64-3.61)	0.000
		76.00	0.168
Cre	78.00 (67.00-88.00)	(66.75-85.00)	(NS)

			0.246
Urea	4.88 (4.09-5.69)	4.75 (4.06-5.52)	(NS)
	354.00	386.00	
UA	(291.00-405.00)	(325.00-441.00)	0.000
Neutrophil-to-albumin			0.068
ratio	0.07 (0.06-0.09)	0.08 (0.06-0.09)	(NS)
		15.79	0.663
Cr-to-urea ratio	15.75 (13.16-18.72)	(13.54-18.64)	(NS)
UA-to-Cr ratio	4.53 (3.87-5.13)	5.08 (4.38-5.77)	0.000
Cr-to-weight ratio	1.06 (0.92-1.22)	0.99 (0.84-1.10)	0.000
Fasting blood glucose	5.10 (4.78-5.39)	5.22 (4.93-5.74)	0.000
	99.20	99.20	0.549
Thyroxine (T4)	(90.70-107.00)	(89.05-107.25)	(NS)
Triiodothyronine (T3)	1.83 (1.62-1.96)	1.83 (1.70-2.08)	0.001
Thyroid-stimulating			0.643
hormone	1.71 (1.27-2.17)	1.71 (1.30-2.26)	(NS)
Alpha-fetoprotein	2.56 (1.83-3.51)	2.72 (2.02-3.61)	0.040
Carcinoembryonic			0.856
antigen	1.53 (1.04-2.26)	1.54 (0.98-2.25)	(NS)

Carbohydrate antigen	0.194			
19-9	7.37 (5.53-10.15)	7.37 (5.16-10.00)	(NS)	
Urine glucose				
[negative 0, positive				
(+) 1, positive (2+) 2,	0.737	284	395	
positive (3+) 3]	(NS) 0	(94.98%)	(95.87%)	
Urine glucose				
[negative 0, positive				
(+) 1, positive (2+) 2,	0.737		1	
positive (3+) 3]	(NS) 1	1 (0.33%)	(0.24%)	
Urine glucose				
[negative 0, positive				
(+) 1, positive (2+) 2,	0.737		6	
positive (3+) 3]	(NS) 2	3 (1.00%)	(1.46%)	
Urine glucose				
[negative 0, positive				
(+) 1, positive (2+) 2,	0.737	11	10	
positive (3+) 3]	(NS) 3	(3.68%)	(2.43%)	
Urine ketone bodies	1.000	0	287	396

(negative 0, positive 1)	(NS)	(95.99%)	(96.12%)
Urine ketone bodies	1.000	12	16
(negative 0, positive 1)	(NS) 1	(4.01%)	(3.88%)
Urine bilirubin	0.625	299	410
(negative 0)	(NS) 0	(100.00%)	(99.51%)
Urine bilirubin	0.625		2
(negative 0)	(NS) 1	0 (0.00%)	(0.49%)
Urine white blood cells [negative 0, positive (+) 1, positive (2+) 2, positive (3+) 3]	0.869	276	381
	(NS) 0	(92.31%)	(92.48%)
Urine white blood cells [negative 0, positive (+) 1, positive (2+) 2, positive (3+) 3]	0.869	14	21
	(NS) 1	(4.68%)	(5.10%)
Urine white blood cells [negative 0, positive (+) 1, positive (2+) 2, positive (3+) 3]	0.869		3
	(NS) 2	4 (1.34%)	(0.73%)

Urine white blood cells [negative 0, positive (+) 1, positive (2+) 2, positive (3+) 3]			0.869 (NS)	3	5 (1.67%)	7 (1.70%)
			0.826			
Urine pH	6.00 (5.50-6.00)	6.00 (5.50-6.00)	(NS)			
Urine nitrite (negative 0, Positive 1)			0.780 (NS)	0	297 (99.33%)	411 (99.76%)
Urine nitrite (negative 0, positive 1)			0.780 (NS)	1	2 (0.67%)	1 (0.24%)
			0.268			
Urine specific gravity	1.02 (1.02-1.03)	1.02 (1.02-1.03)	(NS)			
Urine occult blood [negative 0, positive (+) 1, positive (2+) 2, positive (3+) 3]			0.354 (NS)	0	257 (85.95%)	351 (85.19%)
Urine occult blood [negative 0, positive (+) 1, positive (2+) 2,			0.354 (NS)	1	32 (10.70%)	37 (8.98%)

positive (3+) 3]

Urine occult blood

[negative 0, positive

(+) 1, positive (2+) 2,

positive (3+) 3]

0.354

13

(NS) 2

4 (1.34%) (3.16%)

Urine occult blood

[negative 0, positive

(+) 1, positive (2+) 2,

positive (3+) 3]

0.354

11

(NS) 3

6 (2.01%) (2.67%)

Urine protein

[negative 0, positive

(+) 1, positive (2+) 2,

positive (3+) 3]

0.767

297

408

(NS) 0

(99.33%) (99.03%)

Urine protein

[negative 0, positive

(+) 1, positive (2+) 2,

positive (3+) 3]

0.767

1

(NS) 1

1 (0.33%) (0.24%)

Urine protein

0.767

3

[negative 0, positive

(NS) 2

1 (0.33%) (0.73%)

(+) 1, positive (2+) 2,
positive (3+) 3]

Urine vitamin c

[negative 0, positive

(+) 1, positive (2+) 2,
positive (3+) 3]

0.218 274 363
(NS) 0 (91.64%) (88.11%)

Urine vitamin c

[negative 0, positive

(+) 1, positive (2+) 2,
positive]

0.218 19 36
(NS) 1 (6.35%) (8.74%)

Urinary vitamin c

[negative 0, positive

(+) 1, positive (++) 2,
positive (+++) 3]

0.218 6
(NS) 2 5 (1.67%) (1.46%)

Urinary vitamin c

[negative 0, positive

(+) 1, positive (++) 2,
positive (+++) 3]

0.218 7
(NS) 3 1 (0.33%) (1.70%)

Urinary RBCs by

0.712 0 255 346

microscopy (normal 0, abnormal 1)	(NS)		(85.28%)	(83.98%)
Urinary RBCs by microscopy (normal 0, abnormal 1)	0.712 (NS)	1	44 (14.72%)	66 (16.02%)
Urinary WBCs by microscopy (normal 0, positive 1)	0.932 (NS)	0	275 (91.97%)	377 (91.50%)
Urinary WBCs by microscopy (normal 0, positive 1)	0.932 (NS)	1	24 (8.03%)	35 (8.50%)
Urinary epithelial cells by microscopy (normal 0, positive 1)	0.239 (NS)	0	290 (96.99%)	391 (94.90%)
Urinary epithelial cells by microscopy (normal 0, positive 1)	0.239 (NS)	1	9 (3.01%)	21 (5.10%)
Urinary casts by microscopy (normal 0,	1.000 (NS)	0	299 (100.00%)	411 (99.76%)

abnormal 1)				
Urinary casts by				
microscopy (normal 0,			1.000	1
abnormal 1)			(NS)	1 0 (0.00%) (0.24%)
Urinary squamous				
epithelial cells				
(quantitative			0.053	
indicator)	1.00 (0.00-2.00)	1.00 (0.00-3.00)	(NS)	
Urinary				
non-squamous			0.890	
epithelial cells	0.00 (0.00-1.00)	0.00 (0.00-1.00)	(NS)	
Urinary crystals				
(quantitative			0.507	
indicator)	0.00 (0.00-5.50)	0.00 (0.00-5.00)	(NS)	
Urinary RBC count				
(quantitative			0.959	
indicator)	0.00 (0.00-4.00)	0.00 (0.00-3.25)	(NS)	
			0.237	
Urinary WBC count	2.00 (0.00-5.00)	2.00 (0.00-5.00)	(NS)	

RBCs per high power field	0.00 (0.00-0.72)	0.00 (0.00-0.58)	0.959 (NS)		
WBCs per high power field	0.36 (0.00-0.90)	0.36 (0.00-0.90)	0.223 (NS)		
Gender (male 1, female 2)			0.156 (NS)	1	216 (72.24%)
Gender (male 1, female 2)			0.156 (NS)	2	318 (77.18%)
		43.00	0.108 (NS)		
Age	44.00 (36.00-56.00)	(35.00-53.00)			
Education level (below bachelor's 0, bachelor's 1, above bachelor's 2)			0.086 (NS)	0	120 (40.13%)
Education level (below bachelor's 0, bachelor's 1, above bachelor's 2)			0.086 (NS)	1	143 (34.71%)
Education level (below bachelor's 0, bachelor's 1, above bachelor's 2)			0.086 (NS)	1	154 (51.51%)
Education level (below bachelor's 0, bachelor's 1, above bachelor's 2)			0.086 (NS)	2	215 (52.18%)
Education level (below bachelor's 0, bachelor's 1, above bachelor's 2)			0.086 (NS)	2	25 (8.36%)
Education level (below bachelor's 0, bachelor's 1, above bachelor's 2)			0.086 (NS)	2	54 (13.11%)

Marital status				
(married 1, unmarried	0.784		267	364
2)	(NS) 1		(89.30%)	(88.35%)
Marital status				
(married 1, unmarried	0.784		32	48
2)	(NS) 2		(10.70%)	(11.65%)
Dietary habits				
(meat-lover 1,				
vegetarian 2, balanced	0.289		56	93
3)	(NS) 1		(18.73%)	(22.57%)
Dietary habits				
(meat-lover 1,				
vegetarian 2, balanced	0.289		23	23
3)	(NS) 2		(7.69%)	(5.58%)
Dietary habits				
(meat-lover 1,				
vegetarian 2, balanced	0.289		220	296
3)	(NS) 3		(73.58%)	(71.84%)
Exercise type (none 0,	0.000	0	68	144

light exercise such as				(22.74%)	(34.95%)
walking	1,				
aerobic-focused	2,				
anaerobic-focused	3)				
Exercise type (none	0,				
light exercise such as					
walking	1,				
aerobic-focused	2,			114	131
anaerobic-focused	3)	0.000	1	(38.13%)	(31.80%)
Exercise type (none	0,				
light exercise such as					
walking	1,				
aerobic-focused	2,			101	131
anaerobic-focused	3)	0.000	2	(33.78%)	(31.80%)
Exercise type (none	0,				
light exercise such as					
walking	1,				
aerobic-focused	2,			16	6
anaerobic-focused	3)	0.000	3	(5.35%)	(1.46%)

Number of exercise sessions per week	1.00 (1.00-3.00)	1.00 (0.00-3.00)	0.006		
Duration of each exercise session (minutes)	30.00 (20.00-60.00)	30.00 (0.00-40.00)	0.001		
Smoking status (yes 1, no 2)			0.387 (NS)	0	1
				0 (0.00%)	(0.24%)
Smoking status (yes 1, no 2)			0.387 (NS)	84	131
				(28.09%)	(31.80%)
Smoking status (yes 1, no 2)			0.387 (NS)	215	280
				(71.91%)	(67.96%)
Alcohol consumption (yes 1, no 2)			0.428 (NS)	94	117
				(31.44%)	(28.40%)
Alcohol consumption (yes 1, no 2)			0.428 (NS)	205	295
				(68.56%)	(71.60%)
	6000.00	6000.00	0.375		
Daily WeChat steps	(4000.00-10000.00)	(4000.00-9206.25)	(NS)		
Tongue color (light red 1, dark red 2, light			0.225 (NS)	247	360
				(82.61%)	(87.38%)

purple 3, dark purple

4)

Tongue color (light

red 1, dark red 2, light

purple 3, dark purple

4)

0.225

31

36

(NS) 2

(10.37%)

(8.74%)

Tongue color (light

red 1, dark red 2, light

purple 3, dark purple

4)

0.225

19

15

(NS) 3

(6.35%)

(3.64%)

Tongue color (light

red 1, dark red 2, light

purple 3, dark purple

4)

0.225

1

(NS) 4

2 (0.67%)

(0.24%)

Edge and tip (present

1, absent 0)

125

237

0.000 0

(41.81%)

(57.52%)

Edge and tip (present

1, absent 0)

174

175

0.000 1

(58.19%)

(42.48%)

Ecchymosis and

0.404 0

293

408

petechiae (present 1, absent 0)	(NS)		(97.99%)	(99.03%)
Ecchymosis and petechiae (present 1, absent 0)	0.404 (NS)	1	4 6 (2.01%)	4 (0.97%)
Coating color (white 1, yellow 2, combination of white and yellow 3)	0.976 (NS)	1	274 (91.64%)	379 (91.99%)
Coating color (white 1, yellow 2, combination of white and yellow 3)	0.976 (NS)	2	25 (8.36%)	33 (8.01%)
Coating thickness (thick 1, thin 2)	0.858 (NS)	1	135 (45.15%)	190 (46.12%)
Coating thickness (thick 1, thin 2)	0.858 (NS)	2	164 (54.85%)	222 (53.88%)
Coating stickiness (present 1, absent 0)	0.142 (NS)	0	204 (68.23%)	258 (62.62%)
Coating stickiness (present 1, absent 0)	0.142 (NS)	1	95 (31.77%)	154 (37.38%)

Coating peeling (present 1, absent 0)	1.000 (NS)	0	298 (99.67%)	410 (99.51%)
Coating peeling (present 1, absent 0)	1.000 (NS)	1	1 (0.33%)	2 (0.49%)
Tongue shape (fatty 1, normal 2, thin 3)	0.668 (NS)	1	95 (31.77%)	131 (31.80%)
Tongue shape (fatty 1, normal 2, thin 3)	0.668 (NS)	2	196 (65.55%)	274 (66.50%)
Tongue shape (fatty 1, normal 2, thin 3)	0.668 (NS)	3	8 (2.68%)	7 (1.70%)
Teeth marks (present 1, absent 0)	0.001	0	225 (75.25%)	262 (63.59%)
Teeth marks (present 1, absent 0)	0.001	1	74 (24.75%)	150 (36.41%)
Papillary projections (present 1, absent 0)	1.000 (NS)	0	284 (94.98%)	392 (95.15%)
Papillary projections (present 1, absent 0)	1.000 (NS)	1	15 (5.02%)	20 (4.85%)
Cracks (present 1,	0.371	0	124	156

absent 0)			(NS)	(41.47%)	(37.86%)
Cracks (present 1,			0.371	175	256
absent 0)			(NS) 1	(58.53%)	(62.14%)
		53.50			
Lab-l	52.73 (49.83-55.92)	(50.78-56.82)	0.009		
Lab-a	11.21 (9.67-13.03)	10.84 (9.25-12.46)	0.012		
Lab-b	0.52 (-1.15-1.76)	-0.01 (-1.25-1.38)	0.018		
		56.63			
Lab-l.1	55.45 (52.25-58.34)	(53.55-59.28)	0.004		
Lab-a1	11.48 (9.75-13.76)	10.99 (8.95-13.42)	0.033		
Lab-b1	0.86 (-1.19-2.48)	0.13 (-1.27-2.04)	0.046		
		48.20	0.111		
Lab-l.2	47.58 (43.12-51.41)	(43.15-52.81)	(NS)		
Lab-a2	10.48 (8.92-11.96)	10.02 (8.27-11.59)	0.018		
Lab-b2	0.08 (-0.94-1.02)	-0.16 (-1.21-0.84)	0.037		
		53.54			
Lab-l.3	52.73 (49.72-56.04)	(50.68-57.13)	0.010		
Lab-a3	11.38 (9.89-13.07)	10.88 (9.50-12.50)	0.009		
Lab-b3	-0.02 (-1.25-1.43)	-0.32 (-1.62-0.91)	0.016		

		54.09	
Lab-l.4	53.21 (50.25-56.75)	(51.30-57.54)	0.017
Lab-a4	10.66 (9.07-12.46)	10.25 (8.73-11.73)	0.023
Lab-b4	0.44 (-1.10-1.71)	-0.01 (-1.30-1.31)	0.027
		56.86	
Lab-l.5	55.58 (52.67-59.02)	(53.61-59.76)	0.016
Lab-a5	12.46 (10.31-14.52)	11.77 (9.74-14.09)	0.037
Lab-b5	0.86 (-1.23-2.46)	0.10 (-1.39-2.12)	0.023
		58.76	
Lab-l.6	57.42 (53.50-61.16)	(55.20-61.97)	0.004
Lab-a6	11.07 (9.18-13.58)	10.48 (8.63-13.02)	0.032
Lab-b6	0.10 (-1.90-1.65)	-0.58 (-1.91-1.23)	0.037
		55.36	0.066
Lab-l.7	54.56 (49.91-58.48)	(50.92-59.17)	(NS)
Lab-a7	8.98 (7.02-10.93)	8.61 (6.51-10.46)	0.022
			0.081
Lab-b7	-0.52 (-1.89-0.61)	-0.86 (-2.27-0.30)	(NS)
		57.75	
Lab-l.8	56.48 (53.19-60.08)	(54.13-60.72)	0.008

Lab-a8	10.56 (8.63-12.59)	9.84 (8.05-11.77)	0.009
Lab-b8	-0.54 (-2.10-0.97)	-0.95 (-2.34-0.48)	0.044
		57.88	
Lab-l.9	56.96 (53.05-60.19)	(54.39-61.14)	0.020
Lab-a9	9.78 (7.81-11.73)	9.27 (7.45-11.20)	0.039
			0.055
Lab-b9	-0.40 (-2.09-1.06)	-0.85 (-2.14-0.63)	(NS)
		58.11	
Lab-l.10	56.83 (53.16-60.60)	(54.54-61.51)	0.008
Lab-a10	11.67 (9.66-14.02)	10.93 (9.26-13.32)	0.023
Lab-b10	0.00 (-1.96-1.46)	-0.75 (-1.98-1.25)	0.031
		57.44	
Lab-l.11	56.26 (52.66-59.66)	(54.21-60.54)	0.007
Lab-a11	10.42 (8.46-12.52)	9.89 (7.95-11.78)	0.016
Lab-b11	-0.29 (-1.96-1.10)	-0.76 (-2.01-0.74)	0.040
Gloss (no gloss 0, slight gloss 1, glossy 2)		0.951	74 101
		(NS) 0	(24.75%) (24.51%)
Gloss (no gloss 0, slight gloss 1, glossy 2)		0.951	219 304
		(NS) 1	(73.24%) (73.79%)

Gloss (no gloss 0, slight gloss 1, glossy 2)	0.951		7
	(NS)	2	6 (2.01%) (1.70%)
Lip color (red 1, dark red 2, cyanotic 3)	0.100		255 333
	(NS)	1	(85.28%) (80.83%)
Lip color (red 1, dark red 2, cyanotic 3)	0.100		28 39
	(NS)	2	(9.36%) (9.47%)
Lip color (red 1, dark red 2, cyanotic 3)	0.100		16 40
	(NS)	3	(5.35%) (9.71%)

77.00

Average heart rate	74.00 (66.00-80.50)	(70.75-85.00)	0.000
Pericardium meridian	-3.00 (-6.00-1.00)	-4.00 (-8.00-0.00)	0.001
Liver meridian	13.00 (7.00-17.00)	13.00 (9.00-19.00)	0.006
Kidney meridian	5.00 (-4.50-14.00)	9.00 (0.00-21.00)	0.000
	-24.00	-26.00	
Spleen meridian	(-31.00--14.50)	(-35.00--16.00)	0.032
	-20.00	-20.00	0.908
Lung meridian	(-29.50--10.00)	(-30.00--10.00)	(NS)
		11.00	0.342
Stomach meridian	12.00 (-1.50-25.00)	(-2.00-26.25)	(NS)

		-4.00	
Gallbladder meridian	5.00 (-13.50-30.00)	(-22.25-15.00)	0.000
	-19.00	-22.00	
Bladder meridian	(-31.00--3.50)	(-32.00--8.00)	0.031

ALT: Alanine aminotransferase; AST: Aspartate aminotransferase; γ -GT: Gamma-glutamyl transferase; TG: Triglyceride;
 BMI: Body mass index; WC: Waist circumference; UA: Uric acid; Cr: Creatinine; WBC: White blood cell count; RBC: Red
 blood cell count.