



# Manage your way to a healthier you by knowing your numbers!



When you know your numbers, you can work with your doctor to adjust your diet, exercise and any medications.

Need help finding a doctor or scheduling an appointment? Member Services is here to help! Please call us at **1.800.859.9889**, Monday through Friday 8:00 a.m. to 6:00 p.m. If you are deaf or hard of hearing, please call 711.

## Use your numbers to talk with your doctor about any health risks you may have.

*Do you need to make any changes to your lifestyle or medications? Should you keep doing what you're doing?*



**Know Your Numbers for a Healthier You!**

Always know your numbers so you can be as healthy as you can be.

### **Keep track**

of your numbers and bring this card with you so you can talk to your doctor about when you should have them rechecked again.



Cut along this line, then fold along the red lines to fit in your wallet.

IMPORTANT HEALTH TESTS	IMPORTANT NUMBERS TO TALK TO YOUR DOCTOR ABOUT*	MY NUMBERS	
		Date Checked:	Date to Recheck:
Total cholesterol (mg/dL)	<b>Normal: under 200</b>		
LDL "bad" cholesterol (mg/dL)	<b>Normal: 100-129</b> Borderline: 130-159 High: 160-189 Very high: over 190		
HDL "good" cholesterol (mg/dL)	<b>Women normal: over 50</b> <b>Men normal: over 40</b>		
Triglycerides (mg/dL)	<b>Normal: under 150</b>		
Blood pressure (mm Hg)	<b>Normal: under 120/80</b> Pre-hypertension: between 120-139/80-89 Hypertension: 140/90 or higher		
Resting heart rate (beats/min.)	<b>Normal: 60-100</b>		
Fasting blood glucose (mg/dL)	<b>Normal: under 100</b> Prediabetes: 100-125 Diabetes: 126 and above		
Body mass index (kg/m <sup>2</sup> )	<b>Normal: 18.5-24.9</b>		
* Be sure to talk with your doctor about your personal health history and the numbers that are right for you.		Height: _____	Weight: _____
		Blood Type: _____	