

# 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 plan, and any medications.

Need help finding a doctor or scheduling an appointment? Member Engagement Services is here to help! Please call us at 1.800.859.9889, Monday through Friday from 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?**

**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 ABOUT *	MY NUMBERS	
		DATE CHECKED:	DATE TO RECHECK:
Total cholesterol (mg/dL)	<b>Total cholesterol (TC) goal values:</b> • Less than 200 mg/dL		
LDL "bad" cholesterol (mg/dL)	<b>Low density lipoprotein (LDL cholesterol) goal values:</b> • Less than 100 mg/dL		
HDL "good" cholesterol (mg/dL)	<b>High density lipoprotein (HDL) goal value:</b> • Greater than or equal to 60 mg/dl		
Triglycerides (mg/dL)	<b>Normal: under 150</b>		
Blood pressure (mm Hg)	<b>Normal : &lt;120/&lt;80</b> Elevated: 120-129/<80 High Blood Pressure: 130/80 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/m2)	<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:

#### References:

1. <https://www.cdc.gov/bloodpressure/about.htm>
2. <https://www.nhlbi.nih.gov/sites/default/files/publications/THT-CholesterolFactSheet.508.FINAL.pdf>
3. <https://medlineplus.gov/ency/article/003399.htm>
4. <https://www.diabetes.org/diabetes/a1c/diagnosis>