

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)	Total cholesterol (TC) goal values: • 75-169 mg/dL for those age 20 and younger • 100-199 mg/dL for those over age 21		
LDL "bad" cholesterol (mg/dL)	Low density lipoprotein (LDL cholesterol) goal values: • Less than 100 mg/dL for high-risk patients (for example: some patients who have diabetes or multiple heart disease risk factors) • Less than 130 mg/dL otherwise		
HDL "good" cholesterol (mg/dL)	High density lipoprotein (HDL) goal value: • Greater than 45 mg/dl (the higher, the better)		
Triglycerides (mg/dL)	Normal: under 150		
Blood pressure (mm Hg)	Normal: <120/<80 Elevated: 120-129/<80 Stage 1: HTN 130-139/80-89 Stage 2: HTN >140/>90		
Resting heart rate (beats/min.)	Normal: 60-100		
Fasting blood glucose (mg/dL)	Normal: under 100 Prediabetes: 100-125 Diabetes: 126 and above		
Body mass index (kg/m2)	Normal: 18.5-24.9		
*Be sure to talk with your doctor about your personal health history and the numbers that are right for you.		Height:	Blood Type:
		Weight:	

References:

- <https://www.cdc.gov/bloodpressure/about.htm>
- <https://www.nhlbi.nih.gov/health-topics/all-publications-and-resources/atp-iii-glance-quick-desk-reference>
- <https://medlineplus.gov/ency/article/003399.htm>
- <https://www.diabetes.org/diabetes/a1c/diagnosis>