Tips to lower your risk of diabetes

Taking control of your health can be as easy as learning your numbers. When you visit the doctor and you’re given your test results with LDL (bad) cholesterol, HDL (good) cholesterol, and triglycerides, do you know what they mean?

These numbers can tell you the important things about your overall health. Do you know the standards for blood pressure? Knowing these numbers and tracking them can help you and your doctor keep you healthy.

Blood pressure*
<120/<80 = normal
120-129/80 – <80 = prehypertension
130-139/80-89 = Stage 1 hypertension
>140 - >90 = Stage 2 hypertension
* 2017 High blood pressure guidelines

HDL (good) cholesterol
60 or greater = low risk
40 – 60 = moderate risk
Lower than 40 = high risk

LDL (bad) cholesterol
100 or lower = low risk
100 – 159 = moderate risk
Lower than 160 = high risk

Triglycerides
150 or lower = low risk
150 – 199 = moderate risk
Lower than 200 = high risk

If it’s been a while since you’ve been to your doctor to have these tests done, make an appointment today and start taking control of your health by learning your numbers.

Questions?
We’re here to help. Please call our customer service team toll-free at 877-605-3229. TTY users, please call 711.