Health by the numbers

Hit your targets and score one for health

Know if you’re at risk

At each visit to the doctor, write down the numbers your doctor finds for each of the categories below. These numbers will help you monitor your levels of LDL (bad) cholesterol, HDL (good) cholesterol and triglycerides. These numbers can tell you important things about your overall health. Talk to your doctor about what your target numbers should be.

<table>
<thead>
<tr>
<th>Date</th>
<th>Blood pressure</th>
<th>LDL</th>
<th>HDL</th>
<th>Triglycerides</th>
<th>Blood sugar</th>
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Number standards

**Blood pressure**
- <120/<80 = normal
- 120/80 – 139/89 = prehypertension
- 140/90 – 159/99 = Stage 1 hypertension
- 160/100 – 180/120 = Stage 2 hypertension
- >180/>120 = see a doctor right away

**HDL (good) cholesterol**
- 60 or greater = best
- 40 – 60 = average
- Lower than 40 = high risk

**Blood sugar**
- 125 or greater = high risk
- 100 – 125 = risk
- Lower than 100 = best

Get more online. Log in to myModa at modahealth.com to get more out of your health plan.
Your BMI and waistline are vital signs

Your Body Mass Index (BMI) is one indicator of your health. Talk to your doctor about your BMI and what you can do to improve your number and your health.

### Keep track of your waistline and BMI

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<tr>
<th>Date</th>
<th>Waist circumference</th>
<th>Weight</th>
<th>BMI</th>
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### Number standards

**Body Mass Index standards**
- 30 or greater = obese
- 24.9 – 30 = overweight
- 18.5 – 24.9 = normal weight
- Less than 18.5 = underweight

**Figure out your BMI**

\[
\text{BMI} = \frac{(\text{weight in pounds} \times 703)}{\text{height in inches}^2}
\]

**Example:**

\[
\text{BMI} = \frac{(140 \text{lbs} \times 703)}{64^2} = \frac{98420}{4096} = 24
\]

### Keep an eye on your waistline

Your waist circumference is an indicator of abdominal fat. A larger waist increases your risk for type 2 diabetes, high blood pressure, high cholesterol and heart disease.

Determine your waist circumference by placing a measuring tape snugly around your waist, level with your navel.

### Health risks increase with a waist circumference of:

- More than 40 inches (102 cm) for men.
- More than 35 inches (88 cm) for women.