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.

Keep track of changes in health

Date	Blood pressure	LDL	HDL	Triglycerides	Blood sugar
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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

over ›

moda HEALTH

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			
Date	Waist circumference	Weight	BMI

Number standards

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

Figure out your BMI

$$\text{BMI (kg/m2)} = \frac{\text{(weight in pounds x 703)}}{\text{height in inches2}}$$

Example:

$$\text{BMI} = \frac{(140\text{lbs} \times 703)}{64^2}$$

$$= \frac{(98420)}{4096}$$

BMI = **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.

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6112514 (1/17) HCS-1388