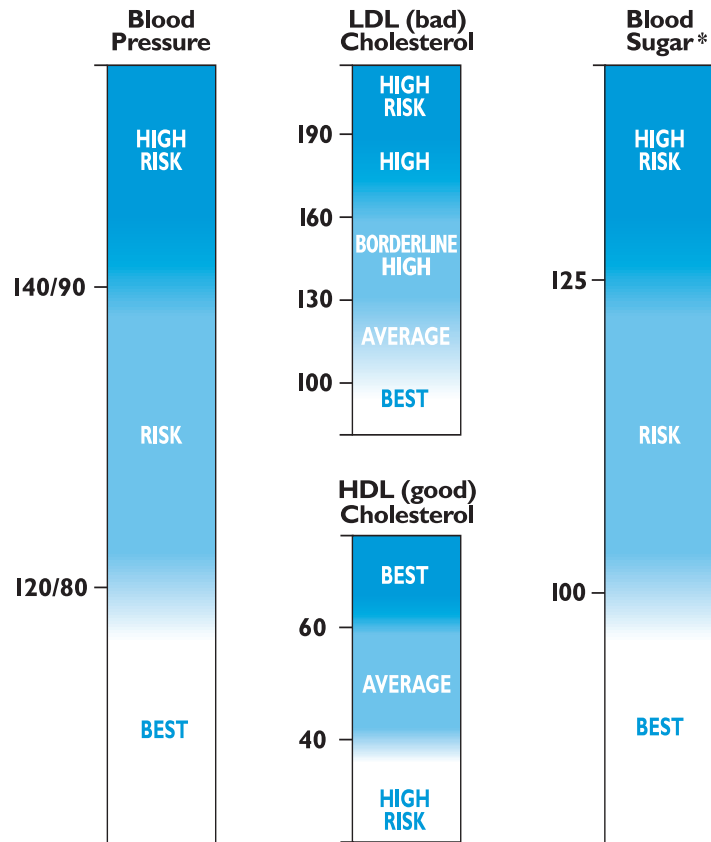


# Know your numbers.



**Knowing what your numbers mean**—it's just one of the ways you can help reduce your risk of costly health problems. When you get your numbers during a medical visit, write them down. Ask your doctor what each number means, how often they should be re-checked, and what your targets should be. Compare your new numbers to previous ones, and ask what any changes might mean. When it comes to the cost of health care, your choices help make a difference.

**Visit [bcbstx.com](http://bcbstx.com) for more ways each of us can help keep health care affordable.**



Provided as a general guideline. Only a physician can determine your personal health status.

\* Based on a Fasting Plasma Glucose Test.

Sources: American Diabetes Association, American Heart Association