

Learn your numbers to keep healthy odds in your favor

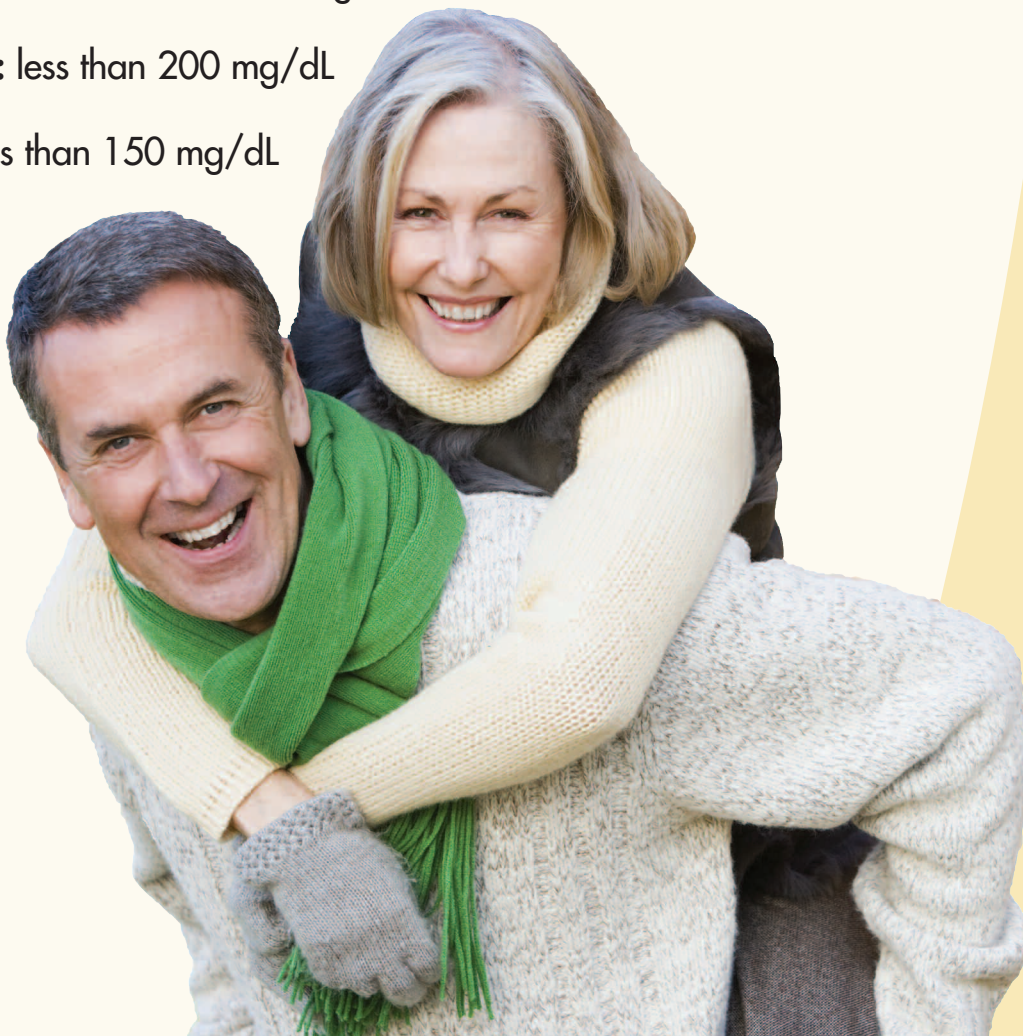


Make prevention your intention

Do you know your numbers? It's important to know your cholesterol and triglyceride (or fat) levels, blood pressure readings and more.

Talk to your doctor about preventive screenings, and have a follow-up discussion once you have the results. Use these goals as a starting point:

- **Waist measurement:** less than 35 inches for women and less than 40 inches for men
- **Blood glucose (blood sugar) before eating:** less than 100 mg/dL
- **Body mass index (BMI):** less than 25 kg/m²
- **Blood pressure:** less than 120/80 mmHg
- **HDL (good) cholesterol:** 60 mg/dL or higher
- **LDL (bad) cholesterol:** less than 100 mg/dL
- **Total cholesterol:** less than 200 mg/dL
- **Triglycerides:** less than 150 mg/dL



Have questions about health screenings or readings? Visit [Blue Access®](#) for Members and get answers from the Personal Health Manager's *Ask A Nurse* feature. Also, record your numbers in the *Medical Tracker*, on hand through the *Health Tools* tab.



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Source: American Heart Association

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