

Know Your Numbers

Knowing the following numbers can help you and your doctor determine your risk for developing cardiovascular diseases.

Fill in your numbers in the last column and take this with you to your next doctor's appointment. Keep track of your numbers over time to see how your lifestyle changes, such as diet and exercise change these numbers. Use our Wellness WACHers program to help lower your numbers.

Risk Factor:	How It's Done:	Target Range:	My Numbers:
Total Cholesterol	Fasting (before you have eaten anything) blood sample.	Total: less than 200 mg/dL HDL (good): greater than 60 mg/dL LDL (bad): less than 100 mg/dL Triglycerides: less than 150 mg/dL	Total: _____ mg/dL HDL (good): _____ mg/dL LDL (bad): _____ mg/dL Triglycerides: _____ mg/dL
Blood Pressure	Check daily at home with a blood pressure cuff and at each doctors appointment	Less than 120/80 Less than 130/80 for those taking blood pressure medication	Reading: _____ / _____
Fasting Blood Sugar	Fasting blood sample	100 mg/dL or less 80-130 mg/dL before meals for those with diabetes	Fasting blood sugar: _____ mg/dL
Body Mass Index (BMI)	Enter your height and weight into a BMI calculator	18.5-24.9 kg/m ²	Reading: _____ kg/m ²

