

Know Your Numbers

Talk to your doctor today about your numbers. Getting your numbers checked regularly and knowing what they mean is the first step towards better health.

My biometrics

HEIGHT	WEIGHT	AGE	GENDER <input type="checkbox"/> Male <input type="checkbox"/> Female
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TOTAL CHOLESTEROL RANGES		
GOOD	BORDERLINE	HIGH
BELOW 200 mg/dL	200–239 mg/dL	240+ mg/dL

MY TOTAL CHOLESTEROL IS

_____ mg/dL

HDL CHOLESTEROL RANGE
INCREASED RISK
Less than 40 mg/dL

MY HDL CHOLESTEROL IS

_____ mg/dL

FASTING BLOOD SUGAR RANGES		
NORMAL	PRE-DIABETES	DIABETES
<100 mg/dL	100–125 mg/dL	126+ mg/dL

MY BLOOD SUGAR IS

_____ mg/dL

BLOOD PRESSURE RANGES			
NORMAL	ELEVATED	HYPERTENSION STAGE ONE	HYPERTENSION STAGE TWO
BELOW 120 — AND — BELOW 80	120–129 — AND — BELOW 80	130–139 — OR — 80–89	140+ — OR — 90+

MY BLOOD PRESSURE IS

_____ mmHg

_____ mmHg



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