



Know your numbers!

Congratulations on taking an important step toward better health. Knowing your numbers helps you stay at the top of your game. A health screening measures your numbers and provides you with an accurate picture of your current health status.

Here are the measures we will screen you for today. Take note of the desirable or healthy numbers so you know what to aim for when you learn your screening results.

- **Height and weight = BMI (Body Mass Index)**

Your height/weight ratio measures your BMI. A healthy BMI is below 25, although it's good to know that even small reductions in your weight (5 to 10 percent) is enough to improve your health.

- **Blood pressure**

An optimal blood pressure level is 120/80. Since high blood pressure — or hypertension — often has no symptoms, it is important to have it checked regularly.

- **Cholesterol**

A healthy total cholesterol level is less than 200. The other measure that is taken during this test is HDL (good) cholesterol. We refer to HDL as “good” cholesterol because it helps keep cholesterol from building up in your arteries.

- **Blood glucose**

A healthy blood glucose level is less than 200 if you haven't fasted. The good news is physical activity helps lower your blood glucose and keep it in a healthy range. Be active! Every move counts.

Your numbers will automatically transfer into your health assessment — your next step in capturing a more accurate picture of your current health status. What's more, taking the assessment reveals your health potential and provides tips and strategies for healthier living.

Here's to good health—today and in the future.