



My Results

Blood Pressure _____ / _____ Total Cholesterol _____

Height _____ Triglycerides _____

Weight _____ HDL _____

BMI _____ LDL _____

A1C _____ Glucose _____



Know Your Numbers

If you're like most people, you think that heart disease is a problem for other folks. But heart disease is the number one killer in the U.S. It is also a major cause of disability. There are many different forms of heart disease. The most common cause of heart disease is narrowing or blockage of the coronary arteries, the blood vessels that supply blood to the heart itself. This is called coronary artery disease and happens slowly over time. It's the major reason people have heart attacks.

Other kinds of problems may happen to the valves in the heart, or the heart may not pump well and lead to heart failure. Some people are even born with heart disease.

You can help reduce your risk of heart disease by taking steps to control factors that put you at greater risk:

- Know your blood pressure and keep it under control
- Exercise regularly
- Don't smoke
- Maintain a healthy weight
- Get tested for diabetes and, if you have it, keep it under control
- Know your cholesterol and triglyceride levels and keep them under control
- Eat a lot of fruits and vegetables

What My Results Mean

Body Mass Index (BMI)		Total Cholesterol	
Underweight:	Less than 18.5	Healthy:	Less than 200
Normal:	18.5 - 24.9	Borderline:	200 - 239
Overweight:	25 - 29.9	High:	More than 240
Obese:	30 or higher	High, Alert:	More than 400
Blood Pressure		Triglycerides (Fasting Only)	
Normal:	Less than 120 / Less than 80	Normal:	Less than 150
Borderline:	120 - 139 / 80 - 89	Borderline:	150 - 190
High:	140 - 159 / 90 - 99	High:	200 - 499
High:	More than 160 / More than 100	Very High, Alert:	More than 500
High, Alert:	More than 180 / More than 110		
A1C		HDL Cholesterol	
Target:	Less than 6/7	Healthy:	More than 40
Blood Glucose		LDL Cholesterol (Fasting Only)	
	Fasting	Non-Fasting	
Healthy	Less than 100	Less than 200	Best:
Borderline	100-125		Good:
Diabetes	Over 126		Borderline:
Danger	375 or Higher	Over 200	High:
		375 or Higher	Very High:
			More than 190

