

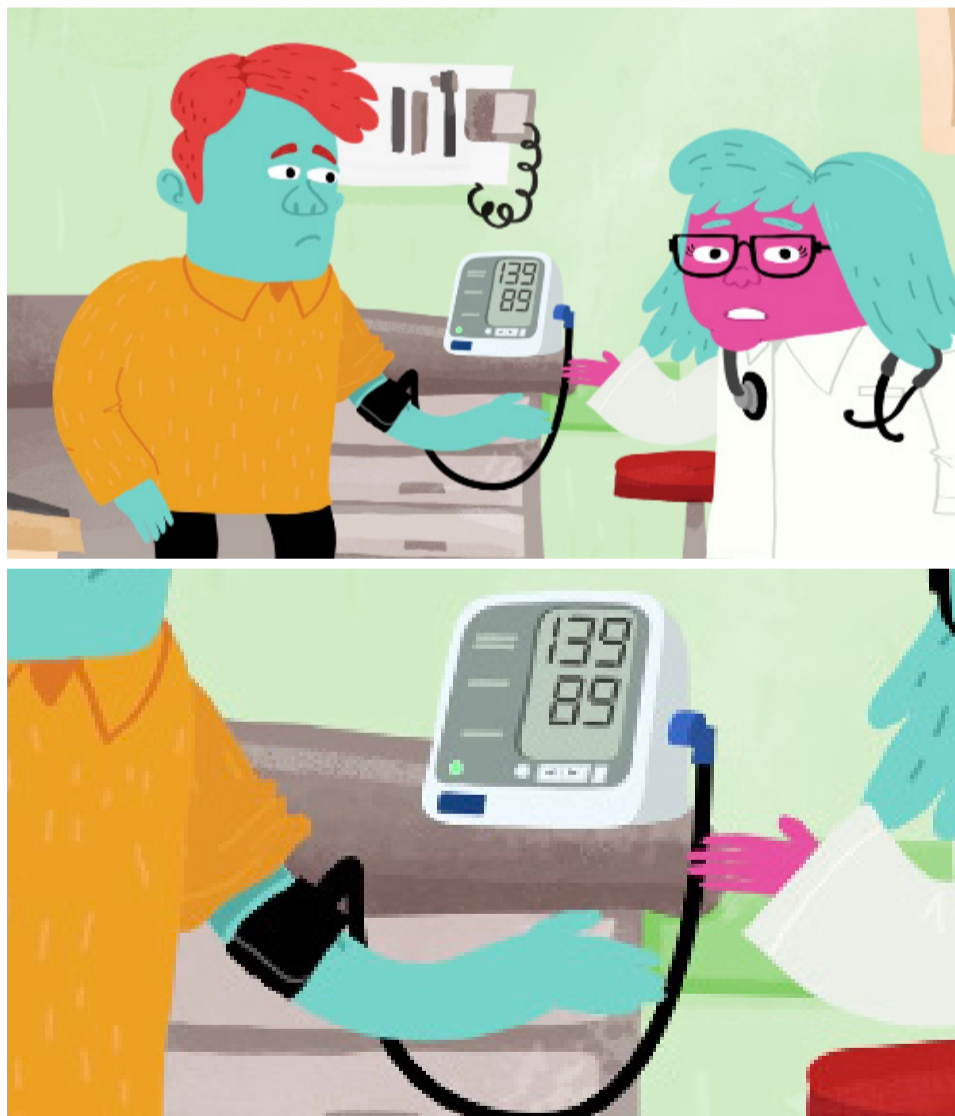
Know Your Numbers

Get to know the numbers that help measure your overall health



We live in a world of numbers...but there are a few numbers that live within you which can tell you a lot about your overall health. These numbers represent your **Blood Pressure, Cholesterol, Blood Sugar, and your Weight and Body Mass Index**. Whether you know these numbers or not, they know you, and they're keeping score of your health each day.

Blood Pressure



High blood pressure can be caused by many different risk factors and underlying conditions. Uncontrolled high blood pressure can lead to chronic health issues such as headaches, dizziness, nosebleeds, and nausea, and even fatal diseases like stroke or heart attack.

Get to know your numbers to better manage your overall health

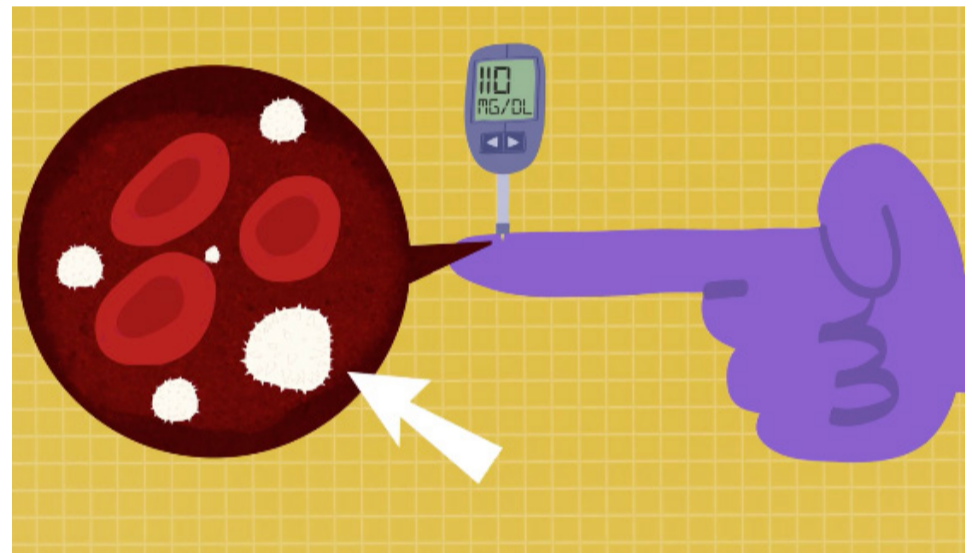
The information above is drawn from public health sources; it is not designed to provide medical advice. Individuals should consult their own health professional for guidance on all health matters.

Cholesterol



Maintaining a certain cholesterol level is necessary to build healthy cells. It's important to talk with your doctor to understand all your cholesterol numbers including total cholesterol, as well as HDL and LDL levels*. With this information you can make adjustments to your diet and exercise levels, and potentially take prescribed medication to bring cholesterol within normal limits for your age and health profile.
*Low Density Lipoprotein or LDL

Blood Sugar



Blood sugar numbers indicate the glucose concentration in your blood. Individuals with high fasting glucose may be pre-diabetic or even have diabetes. Normal fasting blood sugar should be between 70 and 100 mg/dl. Get tested and know your blood glucose numbers to make adjustments to your lifestyle habits, or receive treatment recommendations if you are diagnosed with diabetes.

Weight & BMI



Your weight and body mass index (BMI) can give you an indication of whether your weight is in the underweight, overweight, obese or healthy range. A healthy BMI is between 18.5 – 24.9. You can use weight and BMI information to modify your eating and exercise habits in order to maintain or achieve a healthy weight.