



WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA.



KNOW YOUR NUMBERS

Heart disease and stroke are the leading causes of death for women throughout the world. More women die from heart disease than from cancer, chronic obstructive pulmonary disease, Alzheimer's disease and accidents combined. More women than men die from stroke every year.



Once you know your numbers, you can take steps to lessen your heart risks through common-sense lifestyle changes.

Print this chart and take it to your doctor so you the two of you can figure out your heart risks and start working to lower them. You can write your test results in the space below each test listed.



BODY MASS INDEX (BMI)

What's healthy: 18.5 – 24.9 kg/m²

Your body mass index: _____



BLOOD PRESSURE

What's healthy: <120/80 mm Hg

Your blood pressure: _____



TOTAL CHOLESTEROL

What's healthy: <200 mg/dL

Your total cholesterol: _____



TRIGLYCERIDES

What's healthy: <150 mg/dL

Your triglycerides: _____



FASTING BLOOD SUGAR

What's healthy: <100 mg/dL

Your fasting blood sugar: _____



A1C LEVEL

What's healthy: <5.7%

Your A1C level: _____