

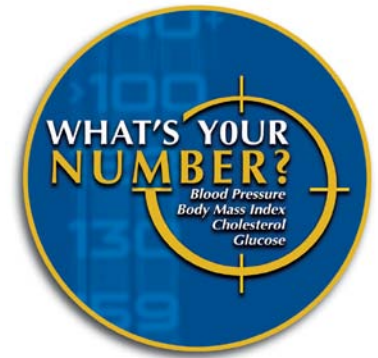
What's Your Number?

Blood Pressure

Body Mass Index

Cholesterol

Glucose



Your blood pressure, cholesterol, glucose, and Body Mass Index (BMI) measurements - or “your numbers” – are key indicators of cardiac health. By learning what your current numbers are, what your targets should be, and then working to reach or maintain those targets, you can lessen your chance of developing heart disease.

Blood Pressure

Your heart pumps oxygen-rich blood to all parts of the body. Blood pressure is the force at which blood presses against your artery walls. It is recorded as two numbers.

120 Number when heart is pumping
(systolic pressure)

80 Number when heart is resting
(diastolic pressure)

A blood pressure consistently above 120/80 is considered “pre” hypertension (high blood pressure). Blood pressure higher than 140/90 is considered to be “high blood pressure.”

If you fit into either one of these categories, you should talk with your physician about a plan to reduce your risk of heart disease, stroke, kidney damage and other complications.

Know Your Numbers

Checking your blood pressure is painless and fast.

Blood Pressure Screening Results

Systolic	Diastolic	Classification	Recommended Follow-up
<120	<80	Normal	Recheck every 2 years
120-130	80-90	Pre-hypertension	Lifestyle changes, 1 year re-check
140-159	90-99	Hypertension, Stage 1	Follow-up with PCP re-check every 2 months
>160	>100	Hypertension, Stage 2	Follow-up with PCP within 1 month
>180	>110	Severe Hypertension	Follow-up with PCP immediately

Body Mass Index

Body Mass Index (BMI) is a tool for indicating weight status in adults. It is a measure of weight to height ratio. Here is a chart that gives the BMI for various weights and heights.

BMI	19	20	21	22	23	24	25	26	27	28	29	30	35	40
	Ideal				Be Aware		Danger Zone							
	Body Weight (pounds)													
4'11"	94	99	104	109	114	119	124	128	131	138	143	148	173	198
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	179	204
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	185	211
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	191	218
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	197	225
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	204	232
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	210	240
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	216	247
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	223	255
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	230	262
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	236	270
5'10"	132	139	146	153	160	167	174	181	188	195	202	207	243	278
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	250	286
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	258	294
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	265	302
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	272	311
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	279	319
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	287	328

What Does Your BMI Mean?

BMI= 18.5 - 24.9 Normal Weight. Good for you! Try not to gain weight.

BMI = 25 - 29.9 Overweight. You should strongly consider losing weight, especially if you have two or more risk factors for heart disease and your waist measurement is high (over 35" for women, over 40" for men).

BMI = 30 or greater. You need to lose weight. Lose weight slowly - about ½ to 1 pound a week. Talk with your doctor or a nutritionist if you need help.

Cholesterol

Cholesterol is a fat-like substance that travels in the blood. Your body makes all the cholesterol it needs.

HDL, or “Good Cholesterol,” helps protect against heart disease, the higher the HDL cholesterol the lower the risk of developing CAD (Coronary Artery Disease).

LDL, or “Bad Cholesterol,” is the main culprit for heart disease and blockages in the arteries.

Triglycerides are another form of fat in the blood typically as a result of excess calories and a sedentary lifestyle.

Total Cholesterol Level	Category
Less than 200 mg/ dL	Desirable
200-239 mg/ dL	Borderline high
240 mg/ dL and above	High
LDL Cholesterol Levels	
Less than 100 mg/ dL	Desirable
100-129 mg/ dL	Elevated
130-159 mg/ dL	Borderline high
160-189 mg/ dL	High
190 mg/ dL and above	Very high
HDL Cholesterol Levels	
40 mg/ dL or less	Low and a major risk factor
40 mg/ dL or higher	Helps lower the risk of CAD
Triglycerides	
150-100 mg/ dL	Borderline high
200 mg/ dL or higher	High
Glucose (fasting)	
Less than 100 mg/ dL	Desirable
100-125 mg/ dL	Pre-Diabetes
126 mg/ dL or higher	Diabetes

Glucose (Sugar)

Glucose provides your body with energy it needs to function properly. When your glucose is too high, you may have pre-diabetes or diabetes, which will require ongoing care.

You may be at risk for diabetes if you:

- Are overweight
- Do not exercise regularly
- Have immediate family members with diabetes
- Are a woman who has given birth to a baby weighing more than 9 pounds
- Are African American, Hispanic American/ Latino, Native American, Asian American or Pacific Islander

**U.S. Department of Health and Human Services*

How to positively impact blood pressure, BMI levels, cholesterol and glucose levels:

- Reducing the amount of saturated fat, cholesterol, and simple sugars along with increasing whole foods high in soluble fiber, such as vegetables, fruits and whole-grains, will help keep cholesterol and glucose numbers in balance. The HealthMedia® Care™ for diabetes is a great program to learn more about managing diabetes.
- Regular exercise and activity will help maintain a healthy body weight (an unhealthy body weight is a major risk factor for heart disease), lower LDL cholesterol, lower triglycerides, increase HDL cholesterol and maintain healthy glucose levels. It is recommended to exercise at least 30 minutes everyday or at least most days of the week. Individuals can take the HealthMedia® Balance™ program to learn more about weight management and exercise.
- Smoking will increase triglycerides and LDL cholesterol and blood pressure. It is recommended that individuals who smoke engage in a smoking cessation program such as the HealthMedia® Breath™ program.
- Stress can contribute to high blood pressure. You can learn to manage stress with HealthMedia® Relax™.

To access HealthMedia Programs: Go to www.highmarkbcbs.com, complete the login process, entering your user name and password, click “improve your health,” and choose the program in which you wish to enroll.

Remember to get your preventive exams to know and manage your numbers.

To find what exams are recommended for your age and gender, visit www.highmarkbcbs.com. Log in with your user ID and password, click “Your Health,” then click “Learn about Preventive Care,” and select “Preventive Guidelines” to view the Preventive Schedule.



Reducing the amount of saturated fat, cholesterol, and simple sugars along with increasing whole foods high in soluble fiber, such as vegetables, fruits and whole-grains, will help keep cholesterol and glucose numbers in balance.

