

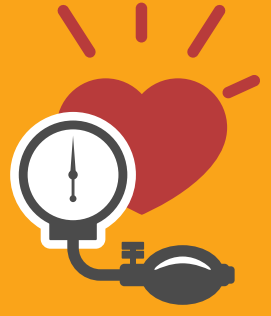
LOVE YOUR NUMBERS

These numbers, your health history and other information factor into your overall health. Make changes to help you reach the healthy numbers below.

Blood Pressure

120/80 or less

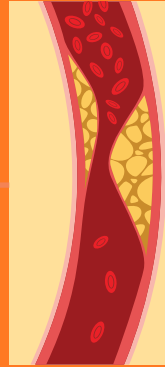
A blood pressure test measures the systolic pressure (top number) during heartbeats and the diastolic pressure (bottom number) when the heart rests between beats.



Coronary Calcium

0 goal

Coronary calcium is an indicator of how much fat (plaque) is built up in the arteries. High levels of calcium can increase your risk of heart disease. The lower the number, the lower the risk.



Triglycerides

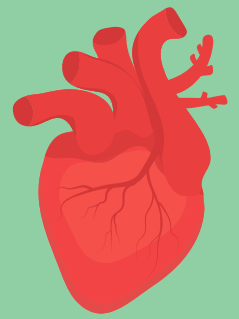
130-150 mg or less

Triglycerides (Blood Fat)
Excess alcohol, processed sugars and simple carbohydrates increase your blood fat level.

Heart Disease Risk

5% or less

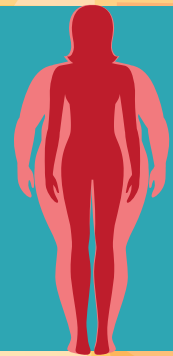
Blood pressure, cholesterol and other measurements are used to determine your 10-year risk of heart disease (Cardiovascular Atherosclerotic Risk or ASCVD test).



BMI

18.6 to 24

Body mass index (BMI) is calculated using a person's height and weight to estimate if you are at a healthy weight.



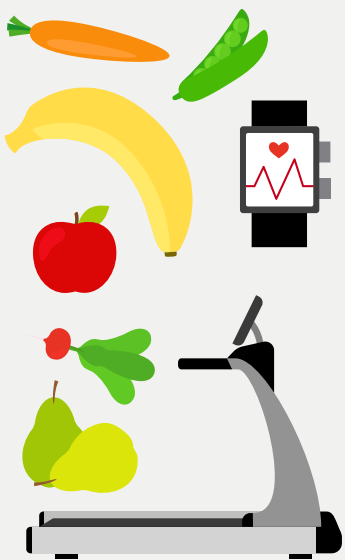
Blood Sugar

5.6% or less

The A1C test is a blood test that shows the average blood sugar (glucose) levels over the last three months. It shows blood sugar control over time.



These are suggested numbers for the population as a whole. You should consult with your medical team to come up with goals that apply to your specific clinical situation.



Improve Your Numbers

1. Eat more fruits and vegetables.
2. Limit animal products; eat plant proteins.
3. Avoid bad fats.
4. Stay hydrated.
5. Avoid alcoholic and sugary beverages.
6. Get aerobic exercise 30 minutes every day.
7. Lose weight.
8. Stop smoking and avoid secondhand smoke.
9. Reduce stress by practicing mindfulness.
10. Use HEPA filters and avoid chemical and smoke irritants.