

# KNOW YOUR NUMBERS

If you are unsure what your numbers are, schedule an appointment with your primary care physician. If you need help changing or understanding your numbers, reach out to **ConnectCare3** at **877-223-2350**.



Healthy Numbers for Cholesterol

## LDL

"Bad" cholesterol, results in fatty build-up in your blood vessels that cause blockages.

< 100

## HDL

"Good" cholesterol, helps to eliminate LDL cholesterol from your body.

> 60

## Triglycerides

Most common type of fat stored in your body, comes from excess dietary intake.

< 150

## Total Cholesterol

Total score made from three components: LDL, HDL, and Triglycerides.

< 200

Cholesterol is a waxy, fatty substance that is both produced within your body and absorbed from foods you eat. While cholesterol is needed in order for cells to reproduce, an elevated cholesterol level can put you at risk for developing other health issues.



Normal Blood Glucose Range

60-99

A blood glucose level measures the amount of sugar floating around in your blood stream. A consistently elevated blood glucose level can result in the diagnosis of pre-diabetes or diabetes. Dietary and lifestyle changes, such as exercise and counting carbs, can improve this number.



Normal Blood Pressure

**Systolic Pressure** measures the pressure exerted by your heart when it beats.

120

**Diastolic Pressure** measures the pressure exerted by your heart when it's resting.

80

If left untreated, high blood pressure will result in damage to your blood vessels, put you at an increased risk for developing heart disease, and/or heart attack, kidney disease and stroke.