

KNOW YOUR NUMBERS



BLOOD SUGAR
Less Than **100**

What should my number be?
Before eating: **Less than 100**
Two hours after eating: **Less than 140**
What is it? The amount of sugar in your blood.

Hb A1c
NORMAL
Less Than **5.7**

Normal < 5.7
Prediabetes 5.7 - 6.4
Diabetes > 6.5
A1c reflects your average blood glucose levels over the past 3 months.



BLOOD PRESSURE
Less Than **120/80**

What should my number be?
Less than 120/80
What is it? The force of blood against the arteries when the heart beats (top number) and rests (bottom number).



BLOOD CHOLESTEROL
Less Than **200**

What should my number be?
Total Cholesterol **score less than 200**
What is it? A waxy substance produced by the liver. Too much can make it harder for blood to circulate.



BODY WEIGHT
BODY MASS INDEX
18.5-24.9

What should my number be?
A body mass index of **18.5-24.9**
What is it? Your ideal body weight depends on your gender, age, height and frame.



HEART RATE
60-100 BPM

What should my number be?
A resting heart rate of **60-100 bpm**
What is it? The rate that your heart beats per minute.



... and have heart healthy goals

- Eat a balanced, healthy diet
- Don't smoke
- Schedule regular visits with your doctor and get a good understanding of how your medications work.

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