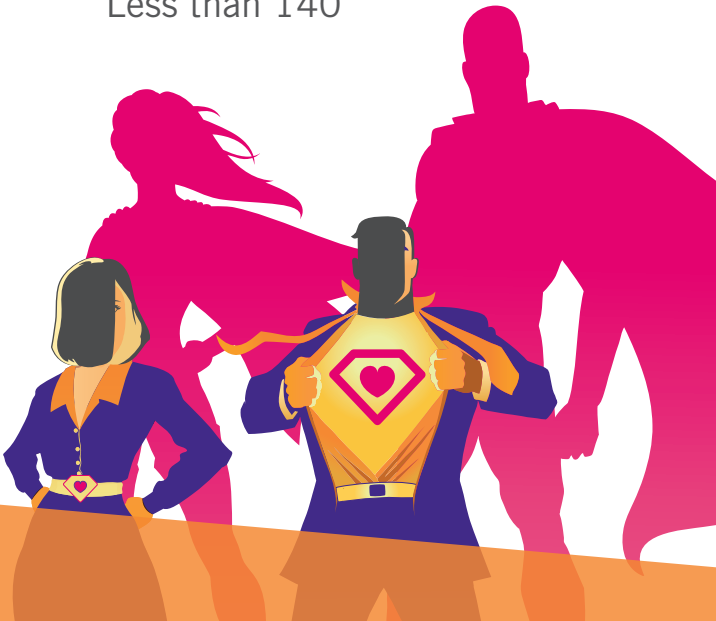


Be a Heart Hero

Know Your Numbers

These numbers are a vital measure of your health.

- ▶ **Blood Pressure**
120/80
- ▶ **Body Mass Index**
Less than 25
- ▶ **Glucose (fasting)**
Less than 100
- ▶ **Total Cholesterol**
200 or Less
- ▶ **LDL Cholesterol**
100 or Less
- ▶ **HDL Cholesterol**
Women | 50 or More
Men | 40 or More
- ▶ **Triglycerides**
Less than 140



Know YOUR Screening Results

▶ **Blood Pressure:** _____

▶ **BMI:** _____

Normal: 18.5 – 24.9

Overweight: 25 – 29.9

Obese: 30 and up

▶ **Body Fat Percentage:** _____

	Men	Women
Age 20-30	8-10%	12-33%
Age 40-59	11-21%	12-33%
Age 60-79	13-25%	24-36%

▶ **Blood Glucose:** _____

Normal Fasting: 70 – 99

Pre-Diabetes Fasting: 100 – 125

Diabetes Fasting: \geq 126

Normal Non-Fasting: $<$ 140

▶ **Cholesterol (Total):** _____

▶ **HDL (Good) Cholesterol:** _____

▶ **Triglycerides:** _____

▶ **LDL (Bad) Cholesterol:** _____

▶ **Total Cholesterol / HDL Ratio:** _____



KentuckyOne Health[®]

Heart and Vascular Care

To schedule an appointment with one of our physicians, call:

P 888.570.8091 | Louisville and surrounding counties

P 888.570.8092 | Lexington and central/eastern counties