

What Should My Numbers Be?

Total Cholesterol

Less than 200 mg/dl Desirable-Low risk for heart disease
200-239 mg/dl Borderline-Increased risk
240 mg/dl+ High-High Risk

LDL Cholesterol (Known as "Bad Cholesterol")

Less than 100 mg/dl..... Optimal
100-129 mg/dl..... Acceptable
130-159 mg/dl..... Borderline-High
160-189 mg/dl..... High
190 mg/dl+ Very High

HDL Cholesterol (Known as "Good Cholesterol")

Less than 40 mg/dl Major risk for heart disease (men)
Less than 50 mg/dl Major risk for heart disease (women)
40-59 mg/dl Acceptable (The higher the HDL the better)
60 mg/dl+ Optimal (Protective against heart disease)

Total Cholesterol/HDL Ratio

(The lower the ratio the less risk for heart disease)

Less than 4.5 Desirable (The heart disease and stroke statistics, 2009, American Heart Association National Cholesterol Education Program, 2009)
Less than 3.5 Optimal

These values are for people without risk factors for heart disease; if you have diabetes or heart disease, your values may be lower. Check with your doctor for your ideal numbers.

Triglycerides (Fat particles which are ultimately stored in body fat)

Fasting Sample

Less than 150 mg/dl Normal
150-199 mg/dl Borderline-High
200-499 mg/dl High
500 mg/dl or higher Very High

Glucose/Blood Sugar

Fasting Sample

<100 mg/dl..... Normal
100<125 mg/dl..... Pre-Diabetes
>126 mg/dl..... Impaired Glucose/Diabetes-Fasting

Random Sample

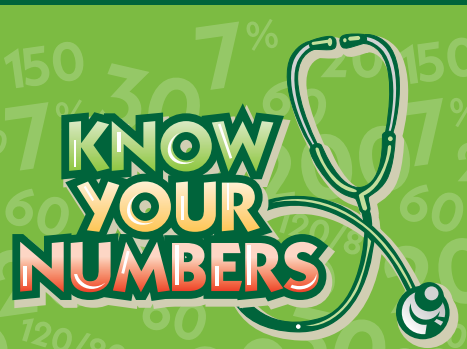
180 mg/dl Target to reduce the risk of diabetes
HbA1C <5% optimal | 5.7%-6.4% prediabetes | 6.5% diabetics

Blood Pressure (ACC/AHA 2017 High Blood Pressure Clinical Guideline)

<120/<80 mmHg Normal
120-129/<80 mmHg Pre-Hypertension
130-140/80-89 mmHg..... Hypertension, Stage 1
140 or higher/90 or higher mmHg..... Hypertension, Stage 2
>180/120 mmHg Hypertension, Crisis

Body Mass Index (Obesity Education Initiative, 2005, Body Mass Index Calculation)

Below 18.5 Underweight 25.0-29.9 Overweight
18.5-24.9 Normal Weight 30.0 and above... Obese



Cholesterol • Blood Glucose • Blood Pressure

Take this handy pocket card with you to your doctor to track and know your numbers.

My Numbers	Date	Date	Date	Date	Date	Date
Total Cholesterol						
LDL Cholesterol						
HDL Cholesterol						
Triglycerides						
Total Cholesterol/HDL Ratio						
Fasting Glucose						
HbA1C						
Blood Pressure						
Weight/BMI						



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KNOW YOUR NUMBERS

