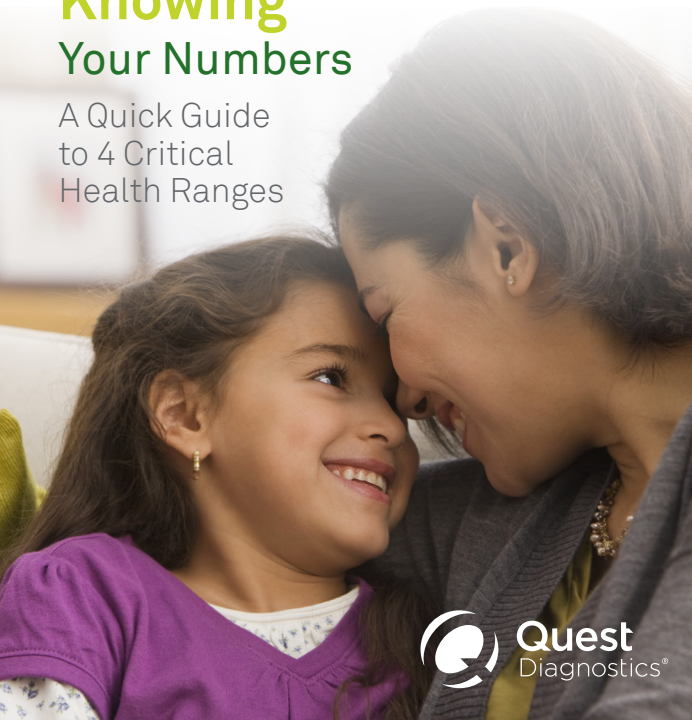


# Knowing Your Numbers

A Quick Guide to 4 Critical Health Ranges



1. Understanding Blood Pressure Readings, American Heart Association, <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>, Updated 2021.
2. Getting Your Cholesterol Checked, Centers for Disease Control and Prevention, [https://www.cdc.gov/cholesterol/cholesterol\\_screening.htm](https://www.cdc.gov/cholesterol/cholesterol_screening.htm), Updated September 2020.
3. Understanding A1C, American Diabetes Association, <https://www.diabetes.org/a1c>, Updated 2021.
4. Defining Adult Overweight & Obesity, Centers for Disease Control and Prevention, <https://www.cdc.gov/obesity/adult/defining.html>, Updated March 2021.

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Knowing more about your health starts with testing. Health indicators that are too high or too low can put you at risk for certain health conditions. Learn more about your numbers and schedule your test today to find out if you're within a healthy range.

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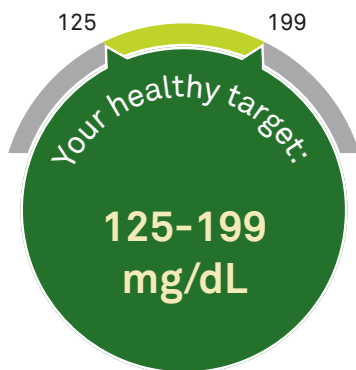
## Good Health Es Tu Poder

### Blood Pressure<sup>1</sup>



High blood pressure is a leading cause of heart attacks, strokes, diabetes, kidney disease, and other conditions.

### Total Cholesterol<sup>2</sup>



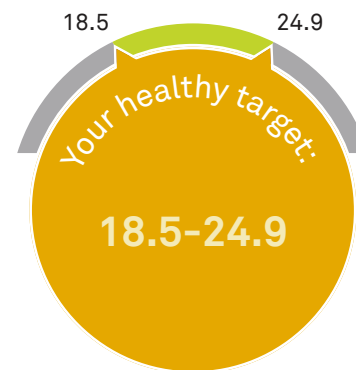
High cholesterol may put you at risk for heart disease or stroke.

### Blood Sugar<sup>3</sup>



Consistently high blood glucose/sugar is typically seen in individuals at increased risk for diabetes and those with diabetes.

### Body Mass Index<sup>4</sup>



A BMI of 25 or above is linked to an increased risk for health conditions such as heart disease, stroke and diabetes.

If your numbers fall below the healthy ranges listed above you may also be at risk for certain health conditions. Contact your doctor if you do not fall within the healthy ranges.