

The 5 numbers you need to know

Keep your health on track

Monitoring five numbers provides insights into your overall health. Talk to your doctor about steps you can take to keep your numbers in the target range.

1

Blood pressure

120/80
mmHg or less

Blood pressure measures the force of blood pumping through your arteries and is recorded as two numbers:

Systolic blood pressure—the first number—measures the pressure in your blood vessels when your heart beats.

Diastolic blood pressure—the second number—measures the pressure in your blood vessels when your heart rests between beats.

2

Cholesterol

Total: Under 200

LDL: Under 100

HDL: 60 and higher

Cholesterol is a type of fat that helps your body perform important functions, though too much can be harmful.

LDL (low-density lipoprotein), or “bad” cholesterol, can build up as plaque in your arteries and lead to heart attacks or strokes.

HDL (high-density lipoprotein), or “good” cholesterol, helps clear out the cholesterol your body doesn’t need.

3

Triglycerides

Less than 150 mg/dL

Triglycerides are a type of fat in your blood measured in milligrams per deciliter (mg/dL). High levels can increase your risk of heart disease.

Borderline high: 150–199 mg/dL

High: 200–499 mg/dL

Very high: 500 mg/dL or above

4

Blood sugar

70–99 mg/dL (fasting)

The sugar (or glucose) in your blood comes from the food you eat and is your body’s main source of energy.

Prediabetes range: Fasting blood glucose level of 100–125 mg/dL

Diabetes range: Fasting blood glucose level of 126 mg/dl or higher on more than one test

5

A1C

Less than 5.7%

If your fasting blood glucose levels are elevated, your doctor may order an A1C test to measure your average blood glucose over the past 2–3 months.

Prediabetes range: Between 5.7 and less than 6.5%

Diabetes range: 6.5% or higher

Understanding blood pressure readings

Cholesterol numbers: What they mean

Triglycerides: Why they matter

Blood glucose tests

What is the A1C test?

Keep your numbers in the target range

Adopting healthy habits can make a big difference in your wellbeing. Eat a wholesome diet, stay active, and schedule a checkup with your doctor once a year.

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