

# KNOW YOUR NUMBERS WITH PREVENTIVE SCREENINGS

If everyone in the U.S. received preventative healthcare, 100,000 lives would be saved each year.

-Centers for Disease Control and Prevention



## BLOOD SUGAR

A fasting test measures A1C, the blood glucose level over the past 2 to 3 months.

### THE NUMBERS

**A1C 5.7% or lower** = normal blood glucose  
**5.8–6.4%** = elevated blood glucose (pre-diabetes)  
**6.5% or higher** = diabetes



## BLOOD PRESSURE

A blood pressure cuff measures the force of blood flow in vessels.

### THE NUMBERS

**120/80 or lower** = good  
**120/80 to 140/80** = elevated blood pressure  
**140/90 or higher** = high blood pressure (hypertension)



## CHOLESTEROL

A fasting blood test provides a lipid profile, which measures total cholesterol, LDL (bad cholesterol), HDL (good cholesterol), and triglycerides.

### THE NUMBERS: Total Cholesterol

**Less than 200** = good **200-239** = borderline high **240 and above** = high

#### HDL

(For Men)

**Higher than 40** = good

(For Women)

**Higher than 50** = good

#### LDL

**Lower than 100** = good  
**100-129** = near optimal  
**130-159** = borderline high  
**160-189** = high  
**190** = very high

#### TRIGLYCERIDES

**Less than 150** = good  
**150 to 199** = borderline high  
**200 to 499** = high  
**500** = very high