



DOH 349-039 Jan 2024 ENG

My Health, My Life

Health Information



Name: _____

Date: _____

Blood Pressure

Blood pressure is the force of your blood pushing against the walls of your arteries. High blood pressure usually has no symptoms. If you had one reading in the high range, over time there is a chance you may develop high blood pressure. Have it checked often.

You want your blood pressure to be below 120/80

My blood pressure is:		Normal	Pre-Hypertension	Stage I Hypertension	Stage II Hypertension	Alert
Top number: (Systolic BP)	Bottom number: (Diastolic BP)					
_____ / _____	_____ / _____	Less than 120	120 – 139	140 - 159	160 and above	180 and above
_____ / _____	_____ / _____	Less than 80	80 – 89	90 - 99	100 and above	110 and above

Total Cholesterol

Cholesterol is a fatty substance your body makes. You can also find it in foods that come from animals, like meat, eggs, and cheese. You want this number to be as **low** as possible.

You want your total cholesterol to be below 200

My total cholesterol is: _____ mg/dL	Normal	Borderline High	High	Alert
	Less than 200	200 to 239	240 and above	400 and above

HDL Cholesterol

HDL cholesterol is the “good” cholesterol. It helps your body get rid of “bad” cholesterol. You want this number to be as **high** as possible.

My HDL cholesterol is: _____ mg/dL	Very Good	Good	Low
	60 and above	40 to 59	less than 40

Glucose

Glucose is the main source of energy for your body. If your body cannot use glucose properly, you may be at risk for pre-diabetes or diabetes.

You want your fasting glucose to be below 100

My glucose is: _____ mg/dL	Ideal	Prediabetes	Diabetes	Alert
	Less than 100	100 to 125	126 and above	375 and above

Hemoglobin A1c

We may have tested your hemoglobin A1c today. The A1c tells us your average blood glucose (sugar) over the past 2-3 months.

My A1c is: _____ %

If you have diabetes, you want your A1c to be less than 7%

Contact for Questions: _____