

Know Your Numbers Pocket Tracker

Blood Glucose

Blood Pressure

Cholesterol

Weight

What do my numbers mean?

Your numbers help your doctor get a big picture of your health. If your numbers are too high, you may have a higher than normal risk of heart disease, stroke, diabetes and some types of cancer. Get your tests and screenings on time and keep track of your numbers.

When should I be tested?

- **Blood Glucose:** First Test: Age 18-44 if you are overweight and have other disease risk factors; Age 45 and older if you are overweight; if you are not overweight, ask your doctor. Repeat test: Every 3 years, if normal; every 1-2 years if your levels are high.
- **Blood Pressure:** Every 1-2 years or as often as your doctor recommends.
- **Cholesterol:** Every 5 years or as often as your doctor recommends
- **Weight:** At each visit to your doctor or as often as your doctor recommends.

What is blood glucose?

A blood glucose test measures the amount of sugar in your blood. A high level means you have or are at risk of having diabetes. There are 3 tests that can be used to check your blood glucose level.

Blood Glucose Tests and Results

Result	A1C test (%)	Fasting Plasma Glucose Test (mg/dL)	Oral Glucose Tolerance Test (mg/dL)
Normal	Less than 5.7	Less than 100	Less than 140
Pre-Diabetes	5.7–6.4	100–125	140–199
Diabetes	6.5 and higher	126 and higher	200 and higher

What is blood pressure?

Blood pressure (BP) is a measurement of the force of blood against the inside of your arteries when your heart contracts (systolic/top number) and relaxes (diastolic/bottom number).

High Blood Pressure

Ideal blood pressure for most patients* under 120/80

***Please note:** Your doctor may set a different BP goal for you based on your medical condition. Ask your doctor what your BP goal is.

What is cholesterol?

Cholesterol is a type of fat in your blood. A cholesterol test measures your total cholesterol level, your levels of low-density lipoprotein (LDL) cholesterol (“bad” cholesterol) and high-density lipoprotein (HDL) cholesterol (“good” cholesterol), and the level of triglycerides in your blood.

Total Blood Cholesterol Results

Desirable	Less than 200 mg/dL
Borderline High	200–239 mg/dL
High	240 mg/dL and higher

LDL Cholesterol Results

Optimal	Less than 100 mg/dL
Near or Above Optimal	100–129 mg/dL
Borderline High	130–159 mg/dL
High	160–189 mg/dL
Very High	190 mg/dL and higher

HDL Cholesterol Goal

An HDL cholesterol level of 60 mg/dL and higher helps prevent heart disease in both men and women. A level lower than 40 mg/dL for men and 50 mg/dL for women increases your risk of heart disease.

Triglycerides Results

Optimal	Less than 100 mg/dL
Normal	Less than 150 mg/dL
Borderline High	150–199 mg/dL
High	200–499 mg/dL
Very High	500 mg/dL and higher

Keep Track of Your Numbers – 12-Month Tracker

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Blood Pressure												
Weight												
Blood Glucose												
Total Cholesterol												
LDL												
HDL												
Triglycerides												