

Protect your heart



How's your heart health? Your doctor can find out more about your heart with recommended screening tests for blood pressure, cholesterol, blood sugar and body weight. It's also important that you understand what these numbers mean and how you can take steps to improve your health.

Know your heart health numbers



Blood pressure

- Less than 120/80 mmHg
- Blood pressure is the force of blood against the arteries when the heart beats and rests.



Total cholesterol

- Less than 180 mg/dL
- Cholesterol is a waxy substance that's found in the fats (lipids) in your blood.



Blood sugar

- Fasting glucose less than 100 mg/dL
- The amount of sugar (glucose) in the blood is a marker for diabetes. High blood sugar can damage the arteries over time and increase the risk for heart disease.



Body weight

- Body mass index (BMI) of 18.6 to 24.9
- BMI is a measure of body fat based on height and weight for men, women and children.

Take action



If your numbers are high, you can take an active part in bringing levels into the normal range. Follow your health care provider's instructions, including getting exercise, eating right and taking medication as prescribed.