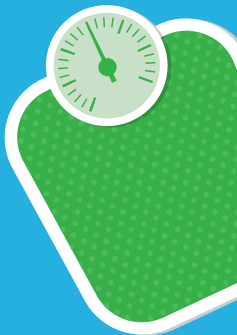




# Know Your Numbers



  
**WorkWell** WV  
Healthy Workforce. Healthy City.

# TIPS FOR BEING YOUR HEALTHIEST



## BE ACTIVE

Get at least 30 minutes of physical activity a day, five days a week.



## EAT HEALTHY

Eat a healthy diet with more fruits and vegetables, foods lower in sodium, and fewer sweets and sugary drinks.



## CONNECT

Reach out to a loved one, friend or your doctor whenever you need support, are feeling stressed or overwhelmed.



## GET A CHECK-UP

Schedule appointments to see your health care provider regularly.



## DON'T SMOKE

If you smoke, quit. The sooner you quit smoking, the sooner your body begins to heal.



## BLOOD PRESSURE

**Blood pressure** is the force of blood moving through your blood vessels. The higher it is, the more pressure it puts on the inside of your blood vessels. High blood pressure is a leading cause of heart disease and stroke.

| Top #            | Bottom #         | Results  |
|------------------|------------------|--|
| <b>below 120</b> | <b>below 80</b>  | Your blood pressure is within the normal range.  |
| <b>120-139</b>   | <b>80-89</b>     | Discuss what this means for you at your next visit with your health care provider.                                       |
| <b>140-179</b>   | <b>90-109</b>    | Your blood pressure is high. See or call your health care provider ASAP.   |
| <b>above 180</b> | <b>above 110</b> | Your blood pressure is dangerously high. See your health care provider or get medical care today, even if you feel fine. |



## BODY MASS INDEX (BMI)

**Body mass index (BMI)** is a measure of how much you weigh compared to how tall you are.

| A BMI that is:                      |
|-------------------------------------|
| • <b>below 18.5</b> is underweight  |
| • <b>18.5-24.9</b> is normal weight |
| • <b>25-29.9</b> is overweight      |
| • <b>30</b> and above is obese      |



**Make 18.5 - 24.9 your BMI goal**



## DIABETES RISK

**Diabetes Risk.** Your Hemoglobin A1C measures your average blood sugar levels over the past 2-3 months. High blood sugar can be a sign of pre-diabetes or diabetes.

| An A1C number that is:                         |
|--|
| • <b>below 5.7</b> is normal                   |
| • <b>5.7-6.4</b> means you have prediabetes    |
| • <b>6.5</b> and above means you have diabetes |



**adults has prediabetes**

**Knowing some of your health-related numbers is an important step toward being your healthiest.**

**Use this card to fill in the numbers you know.** Talk to your health care provider about the ones you don't know, what your goals should be or any questions or concerns you may have.

Date \_\_\_\_\_

|                | My Numbers | Goals |
|----------------|------------|-------|
| Blood Pressure | _____      | _____ |
| Height         | _____      | _____ |
| Weight         | _____      | _____ |
| BMI            | _____      | _____ |
| A1C            | _____      | _____ |
| Other          | _____      | _____ |
| Other          | _____      | _____ |

## My Health Care Provider

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Name

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Phone

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Address

---

City, State

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### Need help finding a health care provider?

1. Call the number on the back of your insurance card.
2. Visit the health benefits page at [nyc.gov/hbp](https://nyc.gov/hbp) and click through to your health insurance plan to find a health care provider in your network.

For resources and programs to help you lead a healthy lifestyle, visit: [nyc.gov/workwellnyc](https://nyc.gov/workwellnyc) or [nyc.gov/health](https://nyc.gov/health)

work well. live well. be well.

