



Body mass index (BMI)

Body mass index BMI is a measure of body fat using weight and height. For most people, the higher your BMI, the less healthy you are. A high BMI can raise your risk for chronic disease, such as diabetes or heart disease.

What your BMI number means

Below 18.5	Underweight
18.5–24.9	Healthy weight
25–29.9	Overweight
30 and above	Obese

BMI

Date checked: ____ / ____ / ____

Reading: _____

Doctor: _____



A1C – blood sugar

An A1C test measures your blood sugar level over the past three months. It is the best way to know if your blood sugar is under control. High blood sugar raises your risk of diabetes and other serious problems, such as heart disease or stroke.

A1C percent	
Below 5.7	Normal
5.7–6.4	Pre-diabetes
6.5 or above	Diabetes

A1C

Date checked: ____ / ____ / ____

A1C percent: _____

Doctor: _____



Want to quit smoking?

Call Kick It California toll free at 800-300-8086



Member services

Need help and support about your benefits? Call member services at **888-893-1569 (TTY: 711)** 24 hours a day, 7 days a week. The call is toll free.



Health education

To learn more, call the Health Education Information Line toll free at **800-804-6074 (TTY: 711)**, Monday–Friday 9 a.m. to 5 p.m., excludes weekends and holidays.

This information is not intended as a substitute for professional medical care. Please always follow your health care provider’s instructions. Programs and services are subject to change.

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Know Your Numbers!

KNOWING YOUR HEALTH NUMBERS IS THE KEY TO A HEALTHY LIFE



Cholesterol

Cholesterol is a fat-like substance your body makes that is used for many body functions.

There are two types of cholesterol:

LDL is the “bad” cholesterol that can block blood flow to your heart. This can lead to a heart attack, stroke or even death.

HDL is the “good” cholesterol that helps to lower heart disease risk.

LDL – “bad” cholesterol levels (mg/dL)	
Less than 100	Safe level Aim for this level.
100–129	Over the safe level You are at a greater risk for heart disease.
130–159	Fairly high level Ask your doctor about ways to lower your cholesterol.
160 and above	High level Talk to your doctor about testing and treatment options. Have your doctor repeat the test within two months.

HDL – “good” cholesterol levels (mg/dL)	
60 and above	Safe level This level can prevent heart disease.
Less than 40	At risk level You are at risk for heart disease at this level.



Cholesterol

A total cholesterol score of under 200 is healthy in most cases.

Date checked: _____ / _____ / _____

LDL level: _____ HDL level: _____ Total cholesterol: _____

Doctor: _____

Blood pressure

A blood pressure test includes two pressure numbers. **Systolic** is the pressure of blood against artery walls. **Diastolic** measures the pressure when the heart is at rest between beats. High blood pressure, or hypertension, puts you at a greater risk of getting heart disease.

Category	Systolic mm Hg (upper number)	and/or	Diastolic mm Hg (lower number)
Normal	Less than 120	and	Less than 80
Elevated	120–129	or	Less than 80
High (Hypertension) Stage 1	130–139	or	80–89
High (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive crisis (call your doctor right away)	Higher than 180	and/or	Higher than 120

Blood pressure

The top number is your systolic reading.
The bottom number is your diastolic reading.

Systolic (mmHg)

Diastolic (mmHg)

Date checked: _____ / _____ / _____

Reading: _____

Doctor: _____

