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 and the greater 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
30–39.9	Obese
Over 40	Extemely obese

BMI

Date checked: _____ / _____ / _____

Reading: _____

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 increases your risk of diabetes and other serious problems, such as heart disease or stroke.

A1C percent	
6–7%	Good level
8–9%	Moderate level
10%+	Poor level

A1C

A1C percent: _____

Date checked: _____ / _____ / _____

Doctor: _____

Helping our members stay healthy

At CalViva Health, we know that healthy lifestyle choices are important to your wellbeing and the wellbeing of your family.
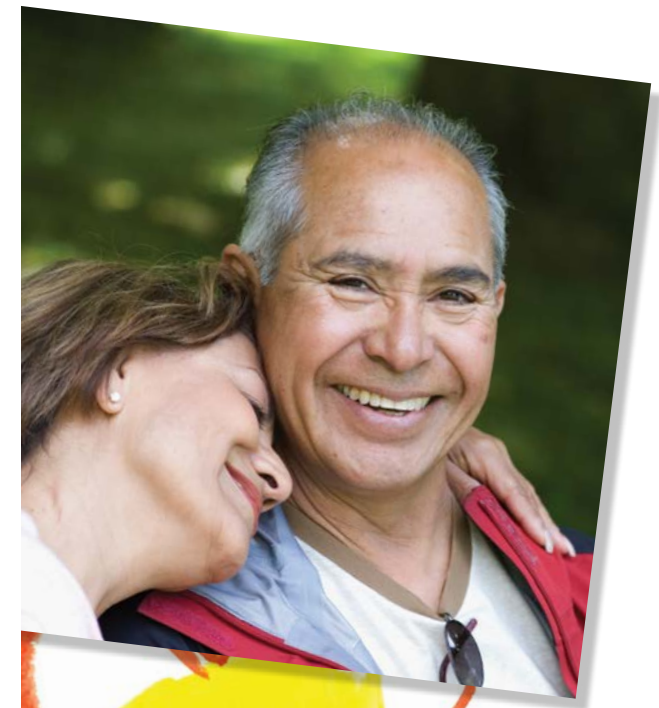
For more health education information

CalViva Health members:
To learn more, call **1-800-804-6074 (TTY: 711)**

www.CalVivaHealth.org

Know Your Numbers!

Knowing your health numbers is a big step toward healthy living

CalViva HEALTH

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.

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 is the "good" cholesterol that helps to lower heart disease risk.

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.

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

Cholesterol

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 developing heart disease.

Systolic (mmHg)	Diastolic (mmHg)	Result
Less than 120	Less than 80	**Normal**
120–139	80–89	**Prehypertension** Prehypertension is when you are in danger of having high blood pressure.
140–159	90–99	**Stage 1 high blood pressure** Ask your doctor how to control it.
160 or higher	100 or higher	**Stage 2 high blood pressure** Talk to your doctor and get help.

Blood pressure

Date checked: _____ / _____ / _____

Reading: _____

(The top number is your Systolic reading. The bottom number is your Diastolic reading.)

Doctor: _____