

# Tips to lower your risk of diabetes

Taking control of your health can be as easy as learning your numbers. When you visit the doctor and you're given your test results with LDL (bad) cholesterol, HDL (good) cholesterol, and triglycerides, do you know what they mean?

These numbers can tell you the important things about your overall health. Do you know the standards for blood pressure? Knowing these numbers and tracking them can help you and your doctor keep you healthy.

## Blood pressure\*

<120/<80=normal

120-129/80 – <80 = prehypertension

130-139/80-89 = Stage 1 hypertension

>140 - >90 = Stage 2 hypertension

\* 2017 High blood pressure guidelines

## HDL (good) cholesterol

60 or greater = low risk

40 – 60 = moderate risk

Lower than 40 = high risk

## LDL (bad) cholesterol

100 or lower = low risk

100 – 159 = moderate risk

Lower than 160 = high risk

## Triglycerides

150 or lower = low risk

150 – 199 = moderate risk

Lower than 200 = high risk

If it's been a while since you've been to your doctor to have these tests done, make an appointment today and start taking control of your health by learning your numbers.



## Questions?

We're here to help. Please call our customer service team toll-free at 877-605-3229. TTY users, please call 711.

