



# Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance specialists at National Insurance Services, Inc.

Knowing your numbers can reduce your risk of developing some preventable conditions. By taking control of your health, you will reduce your risk of developing illnesses, and will increase your chances of living a long, healthy life.

## WHAT ARE YOUR NUMBERS?

Knowing your blood pressure, cholesterol, blood sugar and body mass index (BMI) are extremely vital in determining whether you are at risk for developing major illnesses, such as heart disease and diabetes. If you know your numbers are out of the healthy range, you can take measures to get yourself back into good health.

### Cholesterol

An unexpected heart attack may be caused by years of living with high cholesterol and extra fat stored in the body. **Total cholesterol should be 200 or less.** You should also ask your doctor what your HDL cholesterol (good) and LDL cholesterol (bad) levels are.

Having high total cholesterol, high LDL or low HDL can put you at risk for a heart attack or stroke. Since there are no symptoms of high cholesterol, it is imperative that you know your numbers.

### Blood Pressure

Blood pressure is the amount of force that it takes for your heart to pump blood through your body. High blood pressure, known as hypertension, increases your risk of heart attack, stroke and kidney disease. It can also cause damage to your brain, eyes and arteries. **Blood pressure should be less than 120 over 80.**

Much like cholesterol, there are no symptoms of high blood pressure, so knowing your numbers is key to good health.

### Blood Sugar

Glucose is sugar that is stored in the blood as your main source of energy. If your glucose levels are too high or too low, you can develop diabetes. **Normal blood sugar level is under 100 when using the FPG test.**

Since diabetes can strike anyone of any age, it is essential that you know your blood sugar number. This is especially true if you experience any of the following symptoms of diabetes: frequent urination, extreme hunger, thirst,

unusual weight loss, increased fatigue or blurry vision. If diabetes is left untreated, it can lead to heart disease, blindness, amputation of the arms or legs and/or kidney disease.

### Body Mass Index

BMI measures your weight in relation to your height. This measurement indicates whether your weight falls within a normal, healthy range. **Your BMI should be less than 25. A BMI over 25 indicates that you are overweight and a BMI over 30 indicates that you are obese.**

Carrying extra weight can lead to high cholesterol, heart disease, diabetes and other chronic conditions. To figure out your BMI, use the calculator at [www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm](http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm).