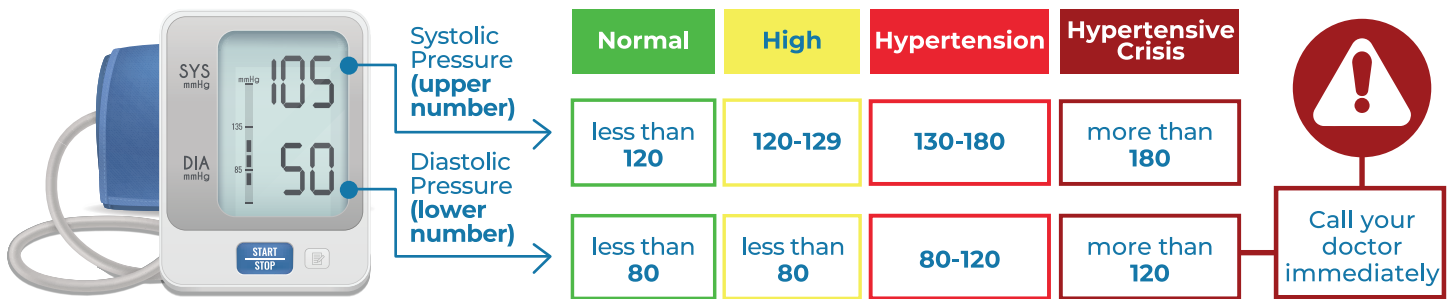


KNOW YOUR 4 HEALTHY NUMBERS

Knowing some of the values related to health, going to the doctor, complying with the required preventive tests, and having a healthy lifestyle, can help you reduce the risk of developing hypertension, heart disease, and diabetes.

1 BLOOD PRESSURE

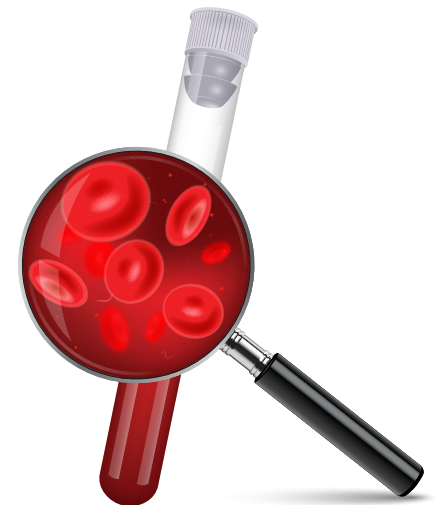
Elevated blood pressure levels or hypertension increase the risk of heart disease and stroke.



2 BLOOD LIPIDS

High levels of cholesterol and triglycerides in the blood can cause problems with the heart and arteries.

CATEGORY	HEALTHY LEVEL (mg/dL) (20 years or older)
Total cholesterol	125 to 200
LDL (Bad cholesterol)	Less than 100
HDL (Good cholesterol)	Men: 40 or higher Women: 50 or higher
Non-HDL	Less than 130
Triglycerides	Less than 150



3

BLOOD SUGAR

High levels of sugar (glucose) can lead to diabetes.

CATEGORY	FASTING BLOOD SUGAR RESULT (mg/dL)
Normal	70 to 99
Prediabetes	100 to 125
Diabetes	126 or higher

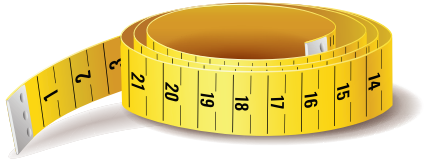


4

WAIST MEASUREMENT

Excess belly fat can increase the risk of developing obesity-related diseases such as diabetes, hypertension, and heart disease.

HIGH RISK	WOMEN (non-pregnant) More than 35 INCHES	MEN More than 40 INCHES
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Take care of your mental health. Talk to your doctor if you have felt changes in your mood. The diagnosis of a health condition can affect you emotionally or alter a mental health illness.

Visit your doctor so that you can receive an accurate diagnosis and recommendations that are necessary for your health.

For guidance and assistance, call the **PSM Beneficiary Service** 1-866-600-4753 / 1-844-726-3345 TTY (hearing impaired) This call is free of charge.

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References:
<https://www.heart.org/en/health-topics/high-blood-pressure> · <https://medlineplus.gov/cholesterollevelswhatyouneedtoknow.html>
<https://www.cdc.gov/diabetes/basics/getting-tested.html> · <https://www.cdc.gov/healthyweight/assessing/index.html>