

My Health Numbers

Record your health numbers to get the full benefit of your Health Assessment. These numbers include blood pressure, cholesterol, fasting blood glucose, weight, height, and waist circumference. If you don't know all of your health numbers when you're first filling out your Health Assessment, don't worry – just print out this form and visit your doctor to get your numbers. You have 14 days from the day you started your Health Assessment to add them to your profile. If you go past the 14 days, you can retake your Health Assessment and add your health numbers then.

If you already know your health numbers, great! Visit the *My Health Profile* section tab on the My Good Health homepage, and add your health numbers to the applicable section using the *Add / Modify Your Health Numbers* link at the bottom of the applicable box.

Blood pressure	Reading	Units
Systolic (top number)	<input type="text"/>	<input type="checkbox"/> mm HG
Diastolic (bottom number)	<input type="text"/>	<input type="checkbox"/> mm HG

Cholesterol	Reading	Units
Total cholesterol	<input type="text"/>	<input type="checkbox"/> mmol/L OR <input type="checkbox"/> mg/dL
HDL cholesterol (good cholesterol)	<input type="text"/>	<input type="checkbox"/> mmol/L OR <input type="checkbox"/> mg/dL
LDL cholesterol (bad cholesterol)	<input type="text"/>	<input type="checkbox"/> mmol/L OR <input type="checkbox"/> mg/dL
Triglycerides	<input type="text"/>	<input type="checkbox"/> mmol/L OR <input type="checkbox"/> mg/dL

Fasting plasma glucose	Reading	Units
Fasting plasma glucose	<input type="text"/>	<input type="checkbox"/> mmol/L OR <input type="checkbox"/> mg/dL

Assessing your weight	Reading	Units
Weight	<input type="text"/>	<input type="checkbox"/> kg OR <input type="checkbox"/> lbs
Height	<input type="text"/>	<input type="checkbox"/> cm OR <input type="checkbox"/> ft' in"
Waist circumference	<input type="text"/>	<input type="checkbox"/> cm OR <input type="checkbox"/> inches

Your doctor may advise you that you don't need all of your health numbers, depending on your age, current health, and family history. Everyone can record their own weight, height and waist circumference; the following is a general guide for recommended tests that should be performed by your doctor:

Men 40 and over: Blood pressure, cholesterol, and fasting plasma glucose tests

Women 40-49: Blood pressure and fasting plasma glucose tests

Women 50 and over: Blood pressure, cholesterol, and fasting plasma glucose tests