

* weight (lbs.) x 703 / height (in.)²

Other				
Exercise	30 min., 5 days a week			
Waist Measurement	Men: <40" Women: <35"			
Body Mass Index (BMI)*	18.5-25			
Triglycerides	<150			
TC/HDL Ratio	Men:4.0 Women:4.5			
LDL (bad) Cholesterol	<100			
HDL (good) Cholesterol	>60			
Total Cholesterol	<200			
Lipids:				
Blood Sugar for Known Diabetics	90-130			
Blood Sugar	<100			
Blood Pressure	<120/80			
Date	Example: 2/14/08			
	IDEAL	My Numbers	My Numbers	My Numbers

Are you at risk for heart disease? Know your numbers and family history to help prevent the number one killer of Americans.

Know Your Family History

Yes No Unknown

Premature heart disease (CHD):

Father/brother diagnosed before age 55
 Mother/sister diagnosed before age 65

Family history means parents, grandparents, aunts, uncles, and siblings for questions that follow:

Family history of diabetes
 Family history of stroke
 Family history of high blood pressure
 Family history of blood lipid abnormalities

How To Get Your Numbers

Make an appointment with your healthcare provider to discuss your overall heart health. Ask about measurements and information that will help evaluate your risk for heart disease (blood lipids, blood pressure, blood sugar, body mass index, tobacco use, activity levels and family history). Or, call Bronson at (269) 341-6495 to register for a Heart Health Screening.

Next Steps

Discuss your numbers with your healthcare provider. If you need help finding a healthcare provider, call Bronson HealthAnswers at (269) 341-7723 or (800) 451-6310 or go to bronsonhealth.com.

How Healthy Is Your Heart?

To find out, go to bronsonhealth.com and take the Bronson Online Heart Risk Assessment. It's free. Confidential. And only takes 10 minutes. If you are a man 35+ or a woman 45+ and your personalized report says you are at risk for heart disease, you may want to consider calling (269) 34-HEART (344-3278) to make an appointment for the Bronson Heart Scan. The heart scan can detect heart disease before you have any symptoms.

Tips for Heart Health

Don't smoke or chew, and if you do, quit. Aim for a healthy weight. Get moving. Eat for heart health. Know your numbers.

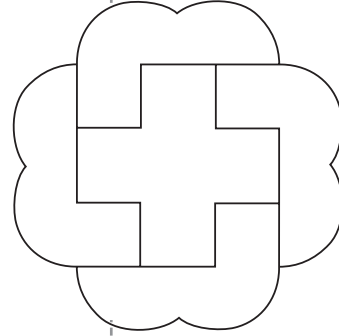
Heart Disease Risk Factors

- High blood pressure
- Undesirable blood lipid levels
- Diabetes
- Tobacco use
- Being overweight
- Being physically inactive
- Having a family history of early heart disease
- Age (55 or older for women)

Lifestyle Information

Call Bronson HealthAnswers at (269) 341-7723 to learn more about programs on weight management, diabetes, fitness, the Bronson Heart Scan and more.

Call the Bronson Athletic Club at(269) 544-3200 to learn more about exercise, fitness and health education programs.



Know Your
Numbers
Know Your
Family History