

Your Health Results Wallet Card

Name _____

| Date | Blood Pressure | Ht. | Wt. | Waist (in) | Hip (in) | Glucose | Total Choles. | LDL | HDL | Trigs. |
|------|----------------|-----|-----|------------|----------|---------|---------------|-----|-----|--------|
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Blood Pressure

Optimal

less than 120/80

Pre-Hypertension

120/80 – 139/89

Stage 1 – Hypertension

140/90 – 159/99

Stage 2 – Hypertension

greater than 160/100

Glucose

Fasting

Non-Fasting

Normal

70–100 mg/dl

70–140 mg/dl

Borderline High

100–125 mg/dl

140–199 mg/dl

High

Above 125 mg/dl

Above 199 mg/dl

Lipid Profile

| | | |
|---------------------------|-----------------|-----------------|
| Trigs.: | Normal | < 149 mg/dl |
| | Borderline High | 150–199 mg/dl |
| | High | 200–499 mg/dl |
| | Very High | 500 mg/dl |
| Total Cholesterol: | Desirable | < 199 mg/dl |
| | Borderline High | 200–239 mg/dl |
| | High | Above 240 mg/dl |

Sources: American Heart Association
American Diabetes Association
National Heart, Lung and Blood Institute

Lipid Profile *con't*

| | | |
|-------------------------|-----------------|---------------|
| HDL Cholesterol: | Excellent | 60 mg/dl |
| | Good | 40–59 mg/dl |
| | Bad | < 39 mg/dl |
| LDL Cholesterol: | Optimal | < 100 mg/dl |
| | Near Optimal | 101–129 mg/dl |
| | Borderline High | 130–159 mg/dl |
| | High | 160–189 mg/dl |

Please Note: If your results are above the normal range, please see your personal physician for a more comprehensive laboratory test.

Health  You  *Advocate Health Care*