



ACTION STEPS FOR WELLNESS

Know your health numbers



Track and control your blood pressure and blood levels for cholesterol, triglycerides, and glucose. Discuss with your doctor what your target numbers should be based on your personal health and risk factors.

TARGET GOALS	
Blood pressure	< 120/< 80
This is the optimal blood pressure. There may be different target goals for persons who are African American, who have diabetes, or who have kidney disease.	
Blood cholesterol	
Total	< 200 mg/dL
LDL-cholesterol	< 100 mg/dL
HDL-cholesterol	≥ 40 mg/dL Men ≥ 50 mg/dL Women
Blood Triglycerides	< 150 mg/dL
Blood glucose (fasting)	≤ 99 mg/dL