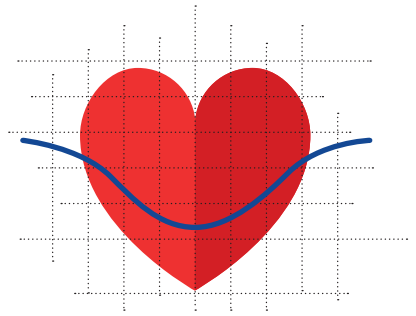


Heart numbers: What should my goals be?

These are the optimal numbers for most healthy adults. Your doctor may recommend different goals based on your health history.



1. Blood pressure

Aim for: lower than **120/80** — that's:

- Lower than **120 mm Hg** (systolic)
- Lower than **80 mm Hg** (diastolic)

Why it matters: High blood pressure can cause your heart to work too hard — and raise your risk of heart attack, stroke and other health problems.

2. Cholesterol

Aim for:

Total cholesterol: lower than **200 mg/dL**

LDL (bad type): lower than **100 mg/dL**

HDL (good type): **60 mg/dL** and higher

Triglycerides (another type of blood fat): lower than **150 mg/dL**

Why it matters: Unhealthy levels can contribute to artery-clogging plaque, which may trigger a heart attack or stroke.

3. Blood sugar (after fasting)

Aim for: less than **100 mg/dL**

Why it matters: Blood sugar, or blood glucose, that stays high for too long can lead to diabetes — a major risk factor for heart disease.

4. BMI (body mass index, a measure of body fat calculated from your weight and height)

Aim for: less than **25**

Why it matters: Being overweight can be hard on your heart. It can also raise your risk of diabetes and other conditions that may harm your heart.

Sources: American Heart Association; Mayo Clinic; National Institutes of Health

The information provided here is for general informational purposes only and not intended to be nor should be construed as medical or other advice. You should consult your own doctor and/or an appropriate professional to determine what may be right for you.

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