

Knowing your numbers is essential to your quest for better health. Here are some more ways to improve your medical condition.

Improve Your Heart Health

- Enjoy 30-60 minutes of physical activity on most days of the week.
- Take your medicine exactly as prescribed; don't run out of pills even for a single day.
- Don't smoke cigarettes or use other tobacco products.
- Ask your doctor about taking aspirin to help prevent heart attack and stroke.
- Limit your alcohol intake.
- Know what your weight should be and keep it at or below that level.
- Know your blood pressure and have it checked regularly.
- Keep appointments with your doctor.

Lower Your Cholesterol

- Cut back on foods high in saturated fats and cholesterol.
- Eat at least five servings of fruits and vegetables daily.

Lower Your Blood Pressure

- Limit your intake of salty foods.
- Eat five or more servings of fruits and vegetables each day. Include a few servings of fat-free or low-fat dairy products.

 Cut along the dotted line and fold.

Take this card with you every time you visit your doctor. If you have heart disease and/or diabetes, use the chart to track your cholesterol, blood pressure and weight. If you have diabetes, also record your exam results.

MONITOR YOUR HEART HEALTH			RESULTS			
Evaluations	GOAL	PERSONAL GOAL	Dates			
Blood pressure (every visit)	130/80					
Weight (every visit)						
Total cholesterol (every year)	Less than 200					
HDL cholesterol (every year)	Greater than 40					
LDL cholesterol (every year)	Less than 100					
Triglycerides (every year)	Less than 150					
Flu shot (every year)						
MONITOR YOUR DIABETES						
Daily foot self-exam						
Foot exam (take off shoes and socks at every visit)						
HbA1c (< 8.0, negative for urine protein, 2-4 times per year)						
Urine protein test (every year)						
Dilated eye exam (every year)						
Teeth and gums examined (2 times/year)						
Diabetic eating/exercise update						

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