

Nurse HealthLine
By OptumHealth

Where health care is

Made Easy

AARP Health
Medicare Supplement Insurance
provided by UnitedHealthcare
Insurance Company



Relax. Look into my eyes. Concentrate.

Complete four Healthy Lifestyle Activities and your Health Assessment.

Complete four Healthy Lifestyle Activities and your Health Assessment.

Complete four Healthy Lifestyle Activities and your Health Assessment.

Know Your Numbers

Keeping Blood Pressure and Cholesterol in Check

Iron the clothes. Clean the house. Fill up the tank. Repeat. You work hard to make sure the things in your life are well-maintained, but what about your body? Managing your blood pressure is an important part of staying healthy. Doing so could help you save on medical expenses, too. Read on to learn about healthy numbers — and how to achieve them.

Blood Pressure

Blood pressure measures the force of your blood circulating in your arteries. High blood pressure can lead to kidney failure, heart attack, stroke, amputation and blindness. People within the normal range should be screened every two years after age 18. Those with certain health conditions need to be checked more often. Ask your doctor what's right for you.

Blood Pressure Range	How It Rates	What to Do
Below 120/80 mmHg <small>(millimeters of mercury)</small>	Normal	Continue to get screened every two years or as directed by your doctor.
120/80 to 139/89 mmHg*	Prehypertension <small>(slightly elevated blood pressure)</small>	Take steps to lower your blood pressure and ask your doctor how often to get screened.
140/90 mmHg*	Hypertension <small>(high blood pressure)</small>	You're at a higher risk for certain health complications. Work to lower your blood pressure and ask your doctor how often to get screened.

*If either the systolic (top number) or the diastolic (bottom number) is too high, you can have high blood pressure. For example, a blood pressure of 110/95 indicates prehypertension, and a blood pressure of 150/90 is considered high.

Cholesterol

Cholesterol screenings measure the level of fats in your blood. Total cholesterol is made up of several blood fats including: HDL, or "good" cholesterol, LDL, or "bad" cholesterol, and triglycerides. It's important to keep track of these numbers. If they're outside of the desirable range, you're at a higher risk for heart disease and heart attack. Talk with your doctor about how often to get your cholesterol checked.

	Desirable	Borderline	High	Very High
Total Cholesterol	Below 200 mg/dL <small>(milligrams per deciliter of blood)</small>	200-239 mg/dL	240 mg/dL or higher	→
LDL (bad cholesterol)	Below 100 mg/dL	130-159 mg/dL	160-199 mg/dL	190 mg/dL or higher
Triglycerides	Below 150 mg/dL	150-199 mg/dL	200-499 mg/dL	500 mg/dL
	Desirable	Low		
HDL (good cholesterol)	60 mg/dL or higher	Less than 40 mg/dL		

making healthful lifestyle choices.

time for at least 2.5 hours of moderate aerobic exercise each week.

to muscle by strength training twice a week.

to on flexibility by adding stretching to each workout.

Right, slim down.

a realistic weight goal with a doctor.

to lose one to two pounds a week.

breakfast every day.

to on your food — don't wash or read while eating.

to tempting foods such as cookies handy out of sight.

from a plate, not out of a bag or to control portions.

exercise goals such as walking for 30 minutes per day.

to stray from your plan, forgive yourself and get back on track.

you maintain one of your on medical costs. So, don't and cholesterol checked.

We've all made questionable decisions.



Mike trusted the clerk when he said that "orange is the new black."

UnitedHealthcare
Helping health care, together

One Day Live Well!

B

Want to learn more about your numbers? Health Advocates are available 24 hours a day to answer your questions and discuss other health concerns.

BConnected | 1-866-230-5740 | Press or say "4."

www.belkbenefits.com

* To learn more or get started with the QualFlow program, call 1-866-230-5740 and press or say "4." Or, visit www.belkbenefits.com.
** Talk with your doctor before beginning any exercise program.
† Health Advocates can't diagnose problems or recommend specific treatment.
© 2009 CA100-3028