Know Your Numbers



Talk to your doctor today about your numbers. Getting your numbers checked regularly and knowing what they mean is the first step towards better heath.

My biometrics

HEIGHT	WEIGHT	AGE	GENDER Male
			☐ Female

TOTAL CHOLESTEROL RANGES

GOOD	BORDERLINE	HIGH
200 mg/dL	200-239 mg/dL	240+ mg/dL



HDL CHOLESTEROL RANGE

INCREASED RISK	
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Less than 40 mg/dL

MY HDL CHOLESTEROL IS

mg/dL

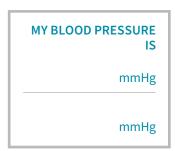
FASTING BLOOD SUGAR RANGES

NORMAL	PRE-DIABETES	DIABETES
<100	100-125	126+
mg/dL	mg/dL	mg/dL

MY BLOOD SUGAR IS	
	mg/dL

BLOOD PRESSURE RANGES

NORMAL	ELEVATED	HYPERTENSION STAGE ONE	HYPERTENSION STAGE TWO
BELOW			
120	120-129	130-139	140+
— AND — BELOW	— AND — BELOW	—or— 80-89	— or — 90+
80	80	00 03	301





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- The latest in treatment advances
- Community events and talks
- Updates about Stanford Health Care in the community

and technology from Stanford Medicine



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