

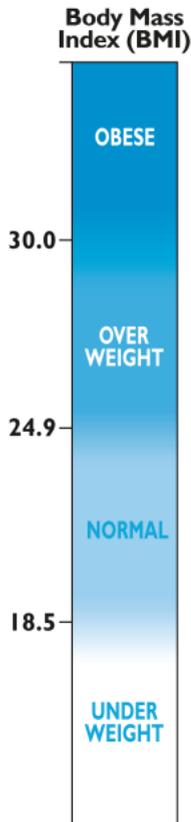
know your numbers

Body mass index (BMI) is a tool for indicating weight status in adults. As BMI rises, the risk for some diseases increases. Talk with your doctor about how your BMI can affect your health, and steps you can take.

$$\text{BMI} = \left[\frac{\text{weight in pounds}}{(\text{height in inches}) \times (\text{height in inches})} \right] \times 703$$

Date	Height	Weight	BMI

Source: Centers for Disease Control and Prevention. Applicable to adults only.



HealthTracker

Knowing more about your health status can help you reduce your risk of costly health problems, and better manage any conditions you might have. This pocket card will help you get the most out of visits with your doctor.

10 questions TO ASK YOUR DOCTOR

- Given my family medical history, what health screenings are recommended?
- What do my symptoms mean?
- What tests do I need? What is the cost?
- What treatments are proven effective?
- Can I make any lifestyle changes that might help my condition?
- What is the name of the medicine, and what is it supposed to do?
- Is there a generic version available?
- How will this medication interact with other medicines and supplements I am taking?
- What are the possible side effects of proposed treatments or medications?
- What are my numbers? What do they mean? What should my targets be? When should they be re-checked?

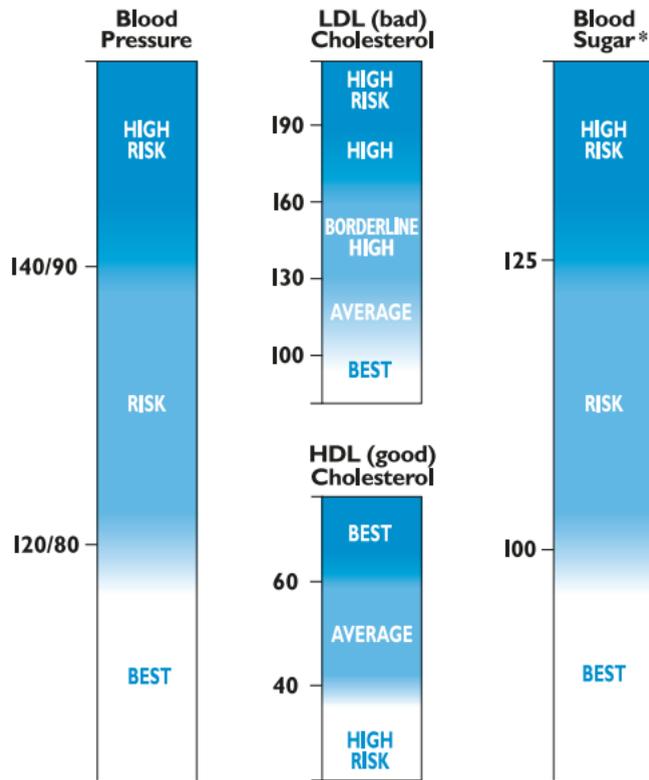


BlueCross BlueShield of Nebraska
An Independent Company of The Blue Cross and Blue Shield Association

know your numbers

When you get your numbers during a medical visit, use this chart to record them. Ask your doctor what each number means, how often they should be re-checked, and what your targets should be. Compare your new numbers to previous ones, and ask what any changes might mean.

Date	Blood Pressure	Cholesterol LDL / HDL / Triglycerides		Blood Sugar
	/			
	/			
	/			
	/			
	/			
	/			
	/			
	/			
	/			



Provided as a general guideline. Only a physician can determine your personal health status.

* Based on a Fasting Plasma Glucose Test.

Sources: American Diabetes Association, American Heart Association.