

Good health starts with good information.

Know your
Numbers

To make positive health and lifestyle changes, you need to know where to start. You're taking an important first step by completing the Know Your Numbers biometric screening and Health Assessment Tool (HAT), called the "Well-Being Assessment", which will help you understand your health and what you can do to make it better.



What is measured and why

Cholesterol: Your cholesterol number includes readings for HDL ("good" cholesterol) and total cholesterol. The total cholesterol/HDL ratio shows if you are at risk for cardiovascular disease.

Glucose: Your glucose reading measures the amount of sugar in your blood. This shows whether you have or may be at risk for developing diabetes.

Blood pressure: This reading has two numbers: Systolic is the pressure when the heart beats, and diastolic is the pressure when the heart is at rest. These two numbers can show a higher risk for heart attack and stroke, as well as other possible health conditions.

Body Mass Index (BMI): This measures your body fat and is based on your height and weight. If you have a high BMI, you could be at risk of developing a number of conditions associated with being overweight.

Waist circumference: This test measures extra fat around your waist. Results show whether you are at risk for diabetes, heart disease, stroke and some cancers.

What's next?

If you take your Health Assessment Tool (HAT) before your screening, you'll be able to see your screening results in your health record online. Simply visit Healthy Lifestyles, select the **Resources & Tools** tab and select **Health Records**.