

know your numbers:



Doctor & Clinic Information

Name:

My blood type is:

Phone:

Pharmacy

Name:

Date of last:

Flu Shot

Phone:

Tetanus Shot

Shingles Vaccine

Personal Emergency Contact

Name:

Vision Exam

Phone:

Hearing Test

Mammogram

Tracking these numbers will help you manage your overall health.*

Date	Blood Pressure *	Weight or BMI	Body Comp	Glucose (non-fasting)	Cholesterol *		
					LDL	HDL	Total
Optimal	<120/80	18.5 to 24.9	14-23% women 5-13% men	Consult with a health professional	<100 mg/dl	>50 mg/dl	<200 mg/dl
Borderline	120-139 / 85-89	25 to 30	24-31% women 14-24% men		130-159 mg/dl	---	200-239 mg/dl
At Risk	> 140/90	30+	32%+ women 25%+ men		>160 mg/dl	<40 mg/dl	>240 mg/dl

* Depending on your risk factors, cholesterol and blood pressure readings may vary. Discuss your results with a doctor.



Health Fair 11, a partnership of KARE 11, North Memorial, and UCare, encourages you to make healthy lifestyle choices. The mission of this nonprofit organization is to provide health care education, materials for consumers, and free or low-cost screenings to members of our community. Contact us at healthfair@kare11.com.