



Know Your Numbers

Be Well Numbers provide great information on YOU!

- 1) Print this form and take it with you to your annual physical or to the *Be Well Employee Clinic**
- 2) Enter your BE WELL NUMBERS on your online *Health Risk Assessment* (www.healthadvocate.com/portal)
- 3) Enjoy wellness coaching with *Health Advocate* (toll-free at 866-695-8622), and other USU Wellness Services

BE WELL NUMBERS	My Numbers	Values	Healthy	
Blood Pressure (mm Hg)		Excellent:	<115/75	
		Good or low risk:	<120/80	
		Needs Improvement:	120-138/80-89	
		High Risk:	140/90+	
Body Mass Index (BMI) ____ / ____ Height (feet/inches) ____ Weight (pounds)		Healthy:	18.5-24.9	
		Overweight:	25-29.9	
		Obese:	>30	
Percent Body Fat (%BF)		Healthy Range:	Females: 15-27	Males: 7-21
		At Risk:	Females: 28-34	Males: 21-25
		High Risk:	Females: 35+	Males: 26+
Waist Circumference (inches)		Healthy Range:	Females: <33	Males: <37
		Overweight:	Females: 33-35	Males: 37-40
		High Risk:	Females: >35	Males: >40
Total Cholesterol (mg/dl) ____ Fasting ____ Non-fasting		Excellent:	<160	
		Good or low risk:	<200	
		Needs Improvement:	200+	
		High Risk:	240+	
HDL Cholesterol H: Think "healthy" ____ Fasting ____ Non-fasting		Excellent:	Females: 60+	Males: 60+
		Good or low risk:	Females: 55+	Males: 45+
		Needs Improvement:	Females: <55	Males: <45
		High Risk:	Females: <40	Males: <40
LDL Cholesterol L: Think "lousy" ____ Fasting ____ Non-fasting		Excellent:	<100	
		Good or low risk:	100-130	
		Needs Improvement:	130-159	
		High Risk:	160+	
Triglycerides ____ Fasting		Excellent:	<150	
		Needs Improvement:	150-200	
		High Risk:	>200	
Glucose/Blood Sugar (mg/dl) ____ Fasting ____ Non-fasting		Excellent:	<90	
		Good or low risk:	<100	
		Needs Improvement:	101-125	
		High Risk:	126+	
		At Risk:	140+	
Hemoglobin A1c (%) Those without diabetes Those with diabetes		Healthy Range:	4-6%	
		Healthy Range:	Under 7%	

usu.edu/wellness

*The *Be Well Employee Clinic* is in the Student Health and Wellness Center (1200 N 850 E); North of Spectrum

Values are derived from the A.C.S.M. Your health care provider may have more specific values for you.

