

TIPS FOR BEING YOUR HEALTHIEST



BE ACTIVE

Get at least 30 minutes of physical activity a day, five days a week.



EAT HEALTHY

Eat a healthy diet with more fruits and vegetables, foods lower in sodium, and fewer sweets and sugary drinks. Avoid risky alcohol use.



DON'T SMOKE

If you smoke, quit. The sooner you quit smoking, the sooner your body begins to heal.



GET A CHECK-UP

Schedule appointments to see your health care provider regularly.

MY HEALTH CARE PROVIDER

Name: _____

Phone: _____

Address: _____

NEED HELP FINDING A HEALTH CARE PROVIDER?

1. Call the number on the back of your insurance card.
2. Visit the health benefits page at nyc.gov/hbp and click through to your health insurance plan to find a health care provider in your network.

For resources and programs to help you lead a healthy lifestyle, visit:

nyc.gov/workwellnyc

-OR-

nyc.gov/health

WORK WELL • LIVE WELL • BE WELL



KNOW YOUR NUMBERS



KNOWING SOME OF YOUR HEALTH-RELATED NUMBERS IS AN IMPORTANT STEP TOWARD BEING YOUR HEALTHIEST.

Use this card to fill in the numbers you know. Talk to your health care provider about the ones you don't know, what your goals should be or any questions or concerns you may have.

Date: _____

| MY NUMBERS | MY GOAL |
|-----------------------|---------|
| Blood Pressure: _____ | _____ |
| Height: _____ | _____ |
| Weight: _____ | _____ |
| BMI: _____ | _____ |
| A1C: _____ | _____ |
| _____ (other) | _____ |
| _____ (other) | _____ |



BLOOD PRESSURE*

Blood pressure is the force of blood moving through your blood vessels. The higher it is, the more pressure it puts on the inside of your blood vessels. This extra pressure can also damage your organs.

| TOP # | BOTTOM # | RESULTS |
|------------------|------------------|--|
| below 120 | below 80 | Your blood pressure is within the normal range. |
| 120–139 | 80–89 | Discuss what this means for you at your next visit with your health care provider. |
| 140–179 | 90–109 | Your blood pressure is high. See or call your health care provider ASAP. |
| above 180 | above 110 | Your blood pressure is dangerously high. See your health care provider or get medical care today, even if you feel fine. |

*Because new treatment guidelines were published in 2017, some health care providers may use different numbers to diagnose high blood pressure and set treatment goals. It is important for you to discuss your numbers with your health care provider.



BODY MASS INDEX (BMI)

BMI is a measure of how much you weigh compared to how tall you are. Check your BMI at www.choosemyplate.gov/tools-BMI

A BMI that is:

- **below 18.5** is underweight.
- **18.5–24.9** is normal weight.
- **25–29.9** is overweight.
- **30 and above** is obese.



DIABETES RISK

Your Hemoglobin A1C measures your average blood sugar levels over the past 2-3 months.

An A1C number that is:

- **below 5.7** is normal.
- **5.7–6.4** means you have prediabetes.
- **6.5 and above** means you have diabetes.

