



Know Your Numbers




WorkWell
NYC

Bill de Blasio, Mayor

Healthy Workforce. Healthy City.

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.



CONNECT

Reach out to a loved one, friend or your doctor whenever you need support, are feeling stressed or overwhelmed.



GET A CHECK-UP

Schedule appointments to see your health care provider regularly.



DON'T SMOKE

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



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. High blood pressure is a leading cause of heart disease and stroke.

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.



BODY MASS INDEX (BMI)

Body mass index (BMI) is a measure of how much you weigh compared to how tall you are.

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



Make 18.5 - 24.9 your BMI goal



DIABETES RISK

Diabetes Risk. Your Hemoglobin A1C measures your average blood sugar levels over the past 2-3 months. High blood sugar can be a sign of pre-diabetes or diabetes.

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



1 in 3 adults has prediabetes

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	Goals
Blood Pressure	_____	_____
Height	_____	_____
Weight	_____	_____
BMI	_____	_____
A1C	_____	_____
Other	_____	_____
Other	_____	_____

My Health Care Provider

Name

Phone

Address

City, State

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



Bill de Blasio, Mayor

Healthy Workforce. Healthy City.

work well. live well. be well.