



KNOW YOUR NUMBERS

BMI

According to the National Institutes of Health, "reaching and maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions. If you are overweight or obese, you are at higher risk of developing serious health problems, including heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers. That is why maintaining a healthy weight is so important: It helps you lower your risk for developing these problems, helps you feel good about yourself, and gives you more energy to enjoy life."**



A1C

According to the US Department of Health and Human Services, "The A1C test is a blood test that provides information about your average levels of blood glucose, also called blood sugar, over the past 3 months. The A1C test can be used to diagnose type 2 diabetes and prediabetes. The A1C test is also the primary test used for diabetes management."****

The NALC Health Benefit Plan has put this information together for you so that you can take charge of your health. Part of taking charge is knowing your numbers. Studies show, when you are aware of your **BMI, Blood Pressure, and A1C**, you are more likely to avoid long term health problems and major medical episodes*. Take Charge and Know Your Numbers Today!

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Blood Pressure

According to the National Institutes of Health, "High blood pressure can make your heart work too hard and lose strength. The high force of blood flow can damage your blood vessels, making them weak, stiff, or narrower. Over time, hypertension can harm several important organs, including your heart, kidneys, brain, and eyes."***

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3



*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3270921/>

**https://www.nhlbi.nih.gov/health/educational/lose_wt/index.htm

***<https://newsinhealth.nih.gov/2016/01/blood-pressure-matters>

****<https://www.niddk.nih.gov/health-information/diabetes/overview/tests-diagnosis/a1c-test#whatis>