

Healthy Heart Checklist

It's important to know what you can do to start living a healthy heart lifestyle. Take these questions and discuss them with your doctor:

What are my risk factors for heart attack? How can I manage the risk factors within my control?

- | | |
|------------|-------------------|
| ▶ Weight: | ▶ Family history: |
| ▶ Stress: | ▶ Age: |
| ▶ Smoking: | ▶ Gender: |

Are my cholesterol levels healthy?

Recommended Targets:¹

- | | |
|--|--|
| ▶ Total Cholesterol: 200 mg/dL or less | ▶ HDL ("Good") Cholesterol: More than 40 mg/dL |
| ▶ LDL ("Bad") Cholesterol: Less than 100 mg/dL | ▶ Triglycerides: Less than 150 mg/dL |

How can I reach or maintain healthy cholesterol levels?

How can I reach and maintain a healthy blood pressure level? (A reading of less than 120/80 mm Hg is considered normal.)²

How often should I have my blood pressure checked?

What is my Body Mass Index (BMI)?

- ▶ BMI values from 18.5 to 24.9 are **healthy**.
- ▶ **Overweight** is defined as a BMI of 25.0 to less than 29.9. People with BMIs in this range have an increased risk of heart and blood vessel disease.
- ▶ **Obesity** is defined as a BMI of 30.0 or greater. People with BMIs of 30 or more are at higher risk of cardiovascular disease. Extreme obesity is defined as a BMI of 40 or greater.³

How can I reach or maintain a healthy weight?

How can I manage stress?

What should I do to increase my physical activity levels? The American Heart Association recommends that healthy adults ages 18–65 get at least 30 minutes of moderate exercise five days per week.⁴

What tests should I know about?

UnitedHealthcare
Insurance Company



1 <http://www.nhlbi.nih.gov/guidelines/cholesterol/atp3xsum.pdf>

2 http://www.nhlbi.nih.gov/health/dci/Diseases/Hbp/HBP_WhatIs.html

3 <http://www.nhlbisupport.com/bmi/>

4 http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/American-Heart-Association-Guidelines_UCM_307976_Article.jsp

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc., or their affiliates.