

Put a little love in your heart

Take heart: Know your numbers

Taking care of your heart health is important. With Health Pro Connection and your Health Pro you have resources available that can assist with health care cost estimates, research lower cost medications, find pricing for cost-savings generic equivalents, and even help set up mail-order prescriptions.

Keep reading to learn about the basic numbers your primary care provider (PCP) looks for during your annual exam.

When you make time for your annual exam, your PCP can monitor these health factors to help keep your heart happy:

	RECOMMENDED RANGES		
BLOOD PRESSURE	NORMAL 119/79 or lower	HIGH 140/90 or higher	PRE-HYPERTENSION 120–139/80–89
CHOLESTEROL	Below 200 mg/dl*		
BODY MASS INDEX	A body mass index (BMI) of 18.6–24.9; waistline smaller than 35 inches for women and 40 inches for men		

**Your target numbers may vary depending on your personal health situation and your risk factors. Your PCP can help you understand what's best for you.*



Get started today!

Scan to download the **Alight Mobile app**.

Select **Health Pro Connection** to get started or call **1.800.513.1667**.