

know your numbers



The Importance of Preventive Screenings

Getting regular checkups and having preventive screening tests are among the most important things you can do for your health. Screenings can detect medical conditions at an early stage, before you notice any symptoms. Early detection means your treatment can be much more effective and can even save your life.

Visit your doctor to discuss your family medical history and the tests and screenings that are recommended for you. Some common screening tests are shown on the right, along with a range of results from desirable to high-risk. If your results to any of these tests indicate you are at risk, your doctor can help you with planning the appropriate treatment to improve your numbers and your quality of life.

Screening Tests

Blood Pressure (Systolic / Diastolic)

Desirable	120 / 80 (or lower)
Prehypertension	120-139 / 80-89
Stage 1 Hypertension	140-159 / 90-99
Stage 2 Hypertension	160 / 100 (or higher)

Total Blood Cholesterol

Desirable	Less than 200 mg/dl
Borderline High	200-239 mg/dl
High	240 mg/dl or higher

HDL Levels ("Good" Cholesterol)

Average Man

Desirable	40-50 mg/dl
Low	35 mg/dl or lower

Average Woman

Desirable	50-60 mg/dl
Low	45 mg/dl or lower

LDL Levels ("Bad" Cholesterol)

Desirable	Less than 100 mg/dl
Borderline High	130-159 mg/dl
High	160 mg/dl or higher

Triglyceride Levels

Desirable	Less than 150
Borderline High	150-199
High	200 or higher

Glucose Levels

Desirable	70-99
Possibly pre-diabetic	100-125
May have diabetes	126 or higher

Prostate Specific Antigen (PSA) - Men

Desirable	0.00 to 4.00
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Thyroid (TSH) - Women

Desirable	0.34 to 4.82
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