

Know Your Numbers



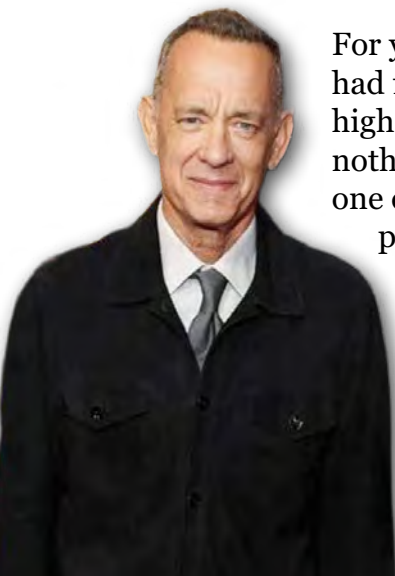
Understand test results to protect your health

Requirements to complete this HEALTH CHALLENGE™:

1. Read "Know Your Numbers."
2. Review your most recent test results and practice healthy lifestyle habits.
3. Track your progress in case your organization requires documentation.

When Tom Hanks stepped back into Woody's boots for *Toy Story 5* this year, it marked three decades playing the same beloved cowboy.

But long before this newest chapter, Hanks was quietly living out a different story, one that started with a result from a simple blood test he never thought to check.



For years, routine bloodwork had flagged his blood sugar as high. Nothing dramatic, nothing urgent-feeling. Then one day his doctor put it plainly:

"You know those high blood sugar numbers you've been dealing with

Actor Tom Hanks was diagnosed with type 2 diabetes after years of lab tests showing elevated blood sugar levels.

4 NUMBERS TO KNOW



BLOOD PRESSURE

Measures the force of blood in your arteries



BLOOD SUGAR

Shows how much glucose is in your blood



CHOLESTEROL

Affects the buildup of plaque in your arteries



WAIST CIRCUMFERENCE

Tracks fat around your midsection and health risk

since you were 36? Well, you've graduated! You've got type 2 diabetes, young man."

Hanks later admitted he'd had two decades to notice the pattern and act on it. He didn't, mostly because he didn't understand what the number meant until it became diabetes.

That's the trouble with health numbers. They show up on a lab report long before they show up as a problem. And if you don't know what you're looking at, it's easy to file them away.

But you can change that. Take the month-long health challenge to Know Your Numbers.

NUMBERS ►



About 80 percent of chronic diseases could be prevented with exercise, healthy eating habits, regular check-ups and healthy lifestyle habits, according to a recent study published in the *American Journal of Health Promotion*.

Ignoring the Numbers May Cost You

Test results can help prevent & treat disease

Most of the conditions tied to common test results develop quietly, with no pain and no warning until they become a bigger problem. Simple lab tests can identify:

⚠️ High blood pressure



Often called the silent killer, high blood pressure usually has no symptoms at all. Left unchecked, it's a leading cause of heart attack and stroke. **NUMBERS ►**



Quiz: It's a Numbers Game

You've probably seen these numbers before, on a lab report, a wellness screening printout, or a blood pressure monitor at the doctor's office. But do you know what they actually mean? Take the quiz to find out.

T | F

1. ☐ ☐ A blood pressure reading of 130/85 is considered normal.
2. ☐ ☐ A fasting blood sugar of 110 means you have diabetes.
3. ☐ ☐ When it comes to HDL cholesterol, higher is better.
4. ☐ ☐ Waist circumference can indicate health risk even if your weight looks normal on a scale.
5. ☐ ☐ Triglycerides and cholesterol are the same thing.

Check your answers. How did you do?

A **blood pressure** reading like 130/85 already falls into Stage 1 hypertension, well short of normal.¹

Nearly half of American adults have high blood pressure, and most feel no symptoms at all.



🔴 **Fasting glucose** works the same way. A reading of 110 signals prediabetes, a warning sign worth acting on.

And on your **lipid panel**, not every number should go down. HDL cholesterol is the one you want to see climb higher, since it helps clear cholesterol from your arteries.



Knowing your numbers can help you catch small changes early and have more informed conversations with your doctor.

Answers: 1. False. 2. False. 3. True. 4. True. 5. False



About 76 percent of all adults in the U.S. have at least one or more chronic diseases, according to the Centers for Disease Control and Prevention.

⚠️ Prediabetes and type 2 diabetes

More than 1 in 4 adults with diabetes don't know they have it, and more than 2 in 5 adults with prediabetes are walking around undiagnosed.²



Left untreated, elevated blood sugar can damage blood vessels, nerves, and organs over time.

⚠️ High cholesterol

About one in four adults with high cholesterol are unaware of it.³

Since it produces no symptoms on its own, a lipid panel is often the only way to catch it early.



THE HIGH COST OF CHRONIC DISEASE



of the nation's **\$5.3 trillion** in annual health care expenditures are for people with chronic and mental health conditions.



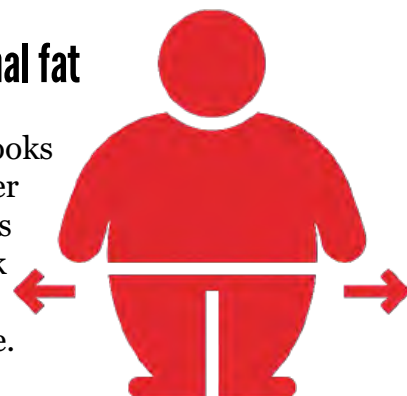
Many chronic diseases are influenced by modifiable risk factors such as **poor nutrition, physical inactivity** and **tobacco use**.



Source: Centers for Disease Control and Prevention (CDC) | 2026

⚠️ Excess abdominal fat

Even if your weight looks fine on a scale, a larger waist circumference is linked to a higher risk of heart disease, type 2 diabetes, and stroke.



The good news? Every one of these numbers is easy to check, and knowing them early gives you time to act.

NUMBERS ►

Know Your Numbers

Learn more about 4 test results that matter

These four numbers show up on nearly every wellness screening, and together they give you and your doctor a clear picture of your risk for heart disease, diabetes, and stroke.

Here's what you need to know:



1. BLOOD PRESSURE

Ever wonder why you get your blood pressure checked at every doctor's appointment, and sometimes even the dentist?

It's because blood pressure can signal problems with your heart and blood vessels long before anything feels wrong.

Here's how blood pressure is measured:

NORMAL	ELEVATED	STAGE 1	STAGE 2
Below 120/80 mmHg	120–129 systolic, diastolic under 80	130–139 systolic, or 80–89 diastolic	140+ systolic, or 90+ diastolic
✓	↑	!	✗

If your numbers are elevated or higher, lifestyle changes like reducing sodium, staying active, and managing stress can make a real difference, and your doctor can help you decide if medication is needed too.



2. FASTING GLUCOSE

This test checks your risk for prediabetes and type 2 diabetes, and it's a bigger deal than most people realize.

More than 2 in 5 American adults have prediabetes, and 8 in 10 of them don't know it.²

NUMBERS ►

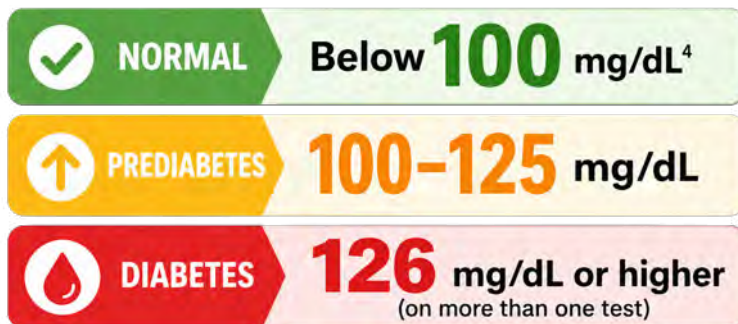
▼ NUMBERS



Diabetes by the Numbers: About 38 million adults in the United States have type 2 diabetes. About 115 million adults have prediabetes, and many don't even know it.

That's exactly the trap Tom Hanks fell into. He carried high blood sugar numbers for two decades before his doctor told him he'd graduated to type 2 diabetes.

Here's the range for blood sugar levels and diabetes:



Prediabetes is not a diagnosis to ignore.

Left unchecked, diabetes can lead to:
Poor circulation, amputations,
vision loss, and early death.

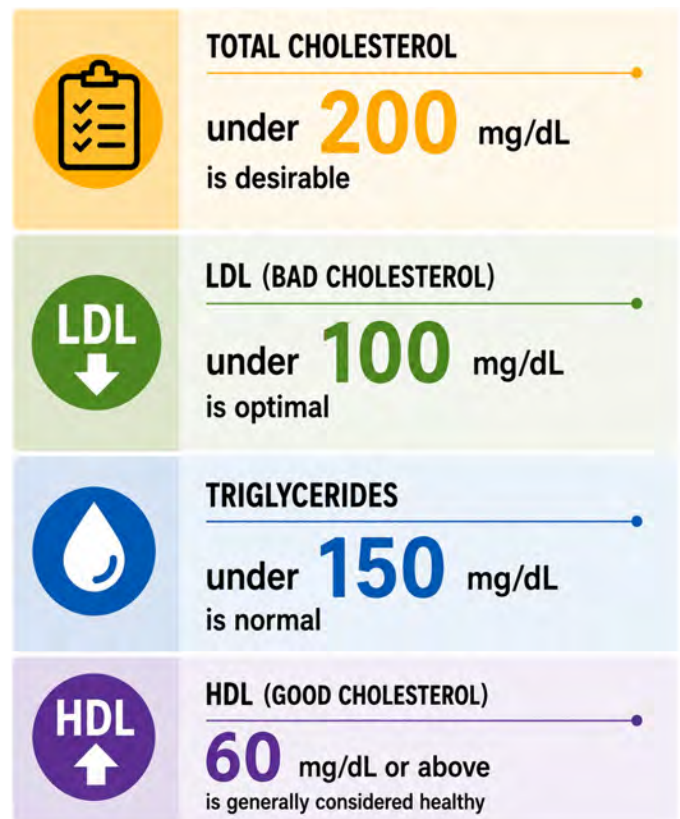
Lifestyle changes can lower blood sugar and substantially reduce the risk of progressing to type 2 diabetes.



3. LIPID PANEL

High cholesterol has no symptoms of its own, which is exactly why it's one of the biggest drivers of heart disease that people never see coming.

Here's how cholesterol and triglycerides are measured:

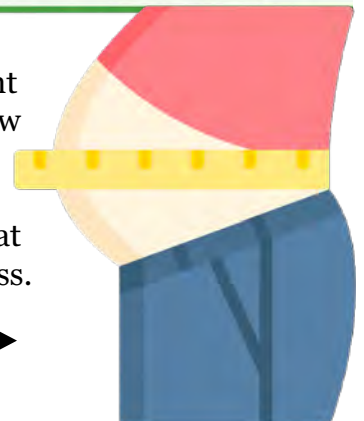


If any of these fall outside the range, your doctor can help you figure out whether diet, exercise, or medication is the right next step.



4. WAIST CIRCUMFERENCE

Where you carry weight matters as much as how much you carry, which is why this measurement can catch risk that a scale alone might miss.



NUMBERS ►

▼ NUMBERS

Abdominal fat specifically is linked to a higher risk of heart disease and diabetes, even in people whose weight looks normal.

Here's how waist circumference is measured to evaluate your health:



✓ Other ways to protect your health

Track your health trends, not just one reading.

- A single number can be thrown off by stress, illness, or even how well you slept the night before.
- What matters more is the pattern over time, so keep a record and share it with your doctor.

✓ Bring your numbers to your next appointment

Don't wait for your doctor to bring it up. Ask about:

- What your numbers were at your last visit
- How they've changed, and what target range makes sense for you.

More Ways to Know Your Numbers

- ✓ Check your health in 8 categories

<https://tinyurl.com/576brutp>

- ✓ Take the Prediabetes Risk Test

<https://tinyurl.com/3bmvwufr>

- ✓ Heart health: Know your numbers

<https://tinyurl.com/5ak5mhp7>



Ask about your family history too. Numbers only tell part of the story.

- If heart disease, diabetes, or stroke run in your family, let your doctor know so they can factor that into your risk.

Remember, these are the basics, not the whole picture.

- This challenge covers the numbers most screenings check.
- But your doctor may recommend additional tests based on your personal risk factors and health history.

✓ Know your numbers to protect your health

Hanks eventually made changes to his diet and activity level, and he's talked openly about managing his health ever since, proof that a diagnosis doesn't have to be the end of the story.

But you don't have to wait for a doctor to tell you that you've "graduated."

Check your numbers, know what they mean, and give yourself the chance to act early.

References

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Know Your Numbers

Understand test results to protect your health

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Review your most recent test results and practice healthy lifestyle habits.
3. Use the calendar to record your actions and choices to know your numbers.
4. Review your progress at the end of each day, week, and at the end of the month. Then keep up the practice for a lifetime of best health.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
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_____ Number of days this month I reviewed my numbers or practiced healthy lifestyle habits
 _____ Number of days this month I exercised 30 minutes.

Other wellness projects completed this month:

NAME _____ DATE _____