

# 10 Steps to Manage Your Health

## 1. Get regular checkups

## 2. Stop smoking



- Heart attack risk drops within 24 hours

## 3. Get your zzzs

Unplug 1 hour before bed

8+  
hours  
nightly

## 4. Move more



Track it: increase daily steps by 500 every week

## 5. Eat a balanced diet

- Try a new fruit or vegetable every week
- Eat whole foods

## 6. Take medications as prescribed:

stopping can be dangerous

## 7. Know your numbers

### Cholesterol:

Total: low 200s mg/dl  
HDL: at or above 50 mg/dl  
LDL: at or below 100 mg/dl  
Tricglycerides: below 150 mg/dl

### Blood pressure:

systolic: below 120  
diastolic: below 80

**BMI:** 18.5 – 25

### Blood sugar:

Non-fasting: 80 – 140



## 8. Get your shots

Flu affects 5 – 20% of U.S. population yearly

## 9.



## Be prepared for example ...

**Asthma:** Always have a fast-acting inhaler with you.

**Diabetes:** Keep a sugar-source with you.

## 10. Wear an ID bracelet

Learn about your health risks by taking our free general health risk assessment at [Avera.convergencehealth.com](http://Avera.convergencehealth.com)