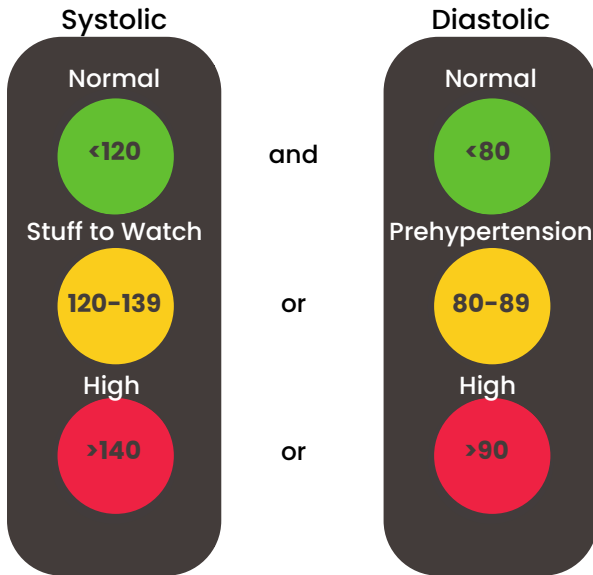


Know Your Numbers Snapshot

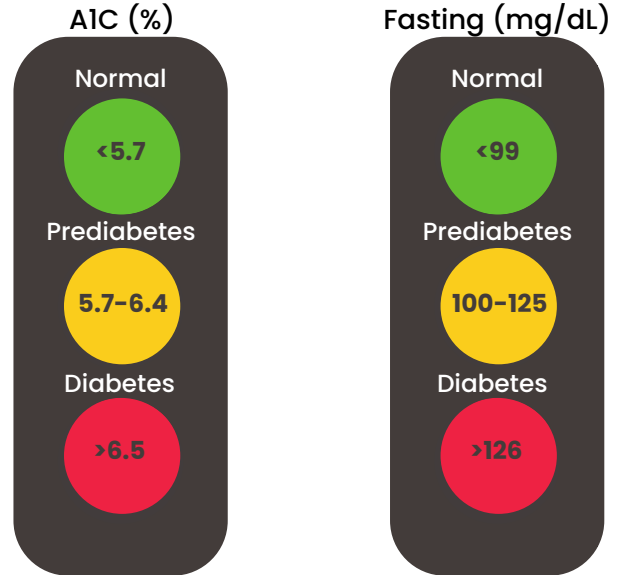
These numbers can provide a glimpse of your health status and risk for certain diseases and conditions including heart disease, diabetes, kidney disease and obesity.

Blood Pressure (mm/Hg)

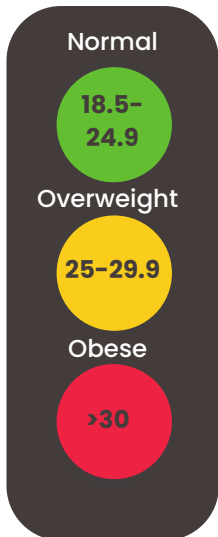


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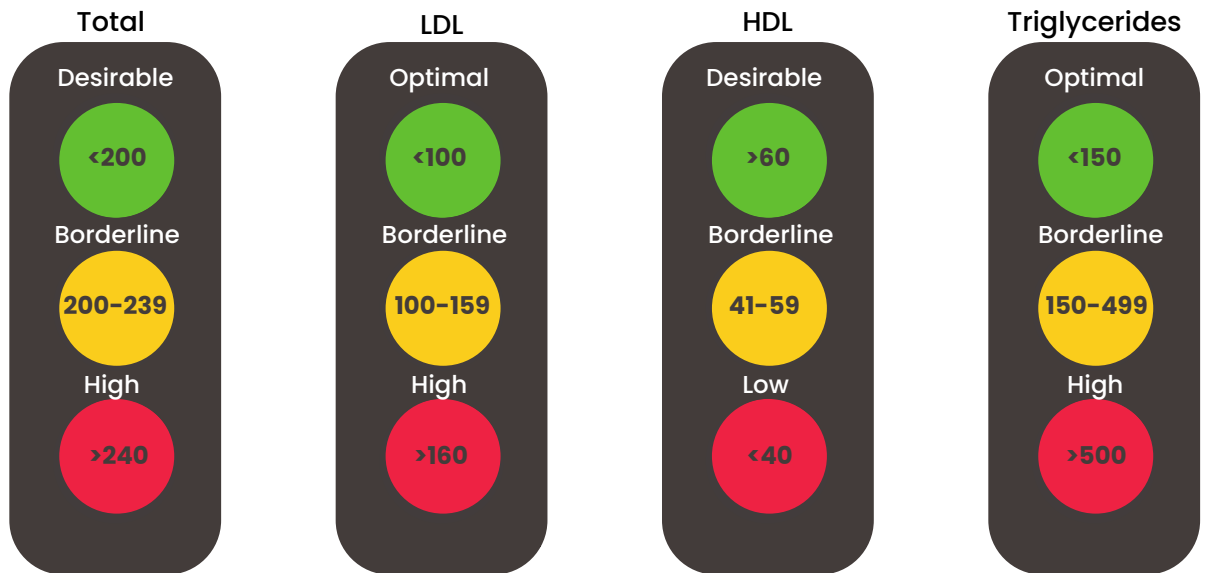
Blood Sugar



BMI



Cholesterol/Lipids (mg/dL)



Resources

- <https://www.cdc.gov>
- <https://www.nhlbi.nih.gov>
- <https://www.niddk.nih.gov>

Coach's Quick Take



Biometric screening results are intended to give you a picture of your overall health and identify potential risks. They are not a substitute for a regular physical exam by your healthcare provider and they do not diagnose disease.