



# KNOW

*your*

# STATS

## GET REGULAR SCREENINGS

TEST	NATIONAL NORMAL RANGE	TEST	NATIONAL NORMAL RANGE
Blood Pressure	< 120/80	HDL	Male ≥ 40
Waist Circumference	Male ≤ 40	Total Cholesterol/HDL Ratio	Male ≤ 5
Body Composition	Male 8 – 25%	Triglycerides	45 – 149
Total Cholesterol	100 – 199	Glucose - Fasting	70 – 99
LDL	< 100	Glucose - Random Non-Fasting	70 – 119

### JUNE IS NATIONAL MEN'S HEALTH MONTH

For additional resources or to find a doctor in your area, log into your plan's website.



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