

Date	Height	Weight	BMI

FOLD

**Body Mass Index (BMI)**

**OBESSE**

**30.0**

**OVER WEIGHT**

**24.9**

**NORMAL**

**18.5**

**UNDER WEIGHT**

Body mass index (BMI) is a tool for indicating weight status in adults. As BMI rises, the risk for some diseases increases.

Talk with your doctor about how your BMI can affect your health, and steps you can take.

Source: Centers for Disease Control and Prevention. Applicable to adults only.

$$BMI = \left[ \frac{\text{weight in pounds}}{(\text{height in inches}) \times (\text{height in inches})} \right] \times 703$$

FOLD

**Ask Your Doctor**

1. What health screenings do you recommend for me?
2. What do my symptoms mean?
3. What tests do I need and the cost?
4. What treatments are effective?
5. Can I make any lifestyle changes that might help my condition?
6. What is the name of the medicine, and what is it supposed to do?
7. Is there a generic version available?
8. How will this medication interact with other medicines and supplements I am taking?
9. What are the possible side effects of treatments or medications?
10. What are my numbers? What do they mean? What should my targets be? When should they be rechecked?

FOLD



**Know your numbers**

Knowing more about your health can help you reduce your risk of costly health problems and better manage any conditions you might have.

This pocket card will help you get the most out of visits with your doctor.

Date	Height	Weight	BMI

FOLD

**Body Mass Index (BMI)**

**OBESSE**

**30.0**

**OVER WEIGHT**

**24.9**

**NORMAL**

**18.5**

**UNDER WEIGHT**

Body mass index (BMI) is a tool for indicating weight status in adults. As BMI rises, the risk for some diseases increases.

Talk with your doctor about how your BMI can affect your health, and steps you can take.

Source: Centers for Disease Control and Prevention. Applicable to adults only.

$$BMI = \left[ \frac{\text{weight in pounds}}{(\text{height in inches}) \times (\text{height in inches})} \right] \times 703$$

FOLD

**Ask Your Doctor**

1. What health screenings do you recommend for me?
2. What do my symptoms mean?
3. What tests do I need and the cost?
4. What treatments are effective?
5. Can I make any lifestyle changes that might help my condition?
6. What is the name of the medicine, and what is it supposed to do?
7. Is there a generic version available?
8. How will this medication interact with other medicines and supplements I am taking?
9. What are the possible side effects of treatments or medications?
10. What are my numbers? What do they mean? What should my targets be? When should they be rechecked?

FOLD



**Know your numbers**

Knowing more about your health can help you reduce your risk of costly health problems and better manage any conditions you might have.

This pocket card will help you get the most out of visits with your doctor.

Date	Height	Weight	BMI

FOLD

**Body Mass Index (BMI)**

**OBESSE**

**30.0**

**OVER WEIGHT**

**24.9**

**NORMAL**

**18.5**

**UNDER WEIGHT**

Body mass index (BMI) is a tool for indicating weight status in adults. As BMI rises, the risk for some diseases increases.

Talk with your doctor about how your BMI can affect your health, and steps you can take.

Source: Centers for Disease Control and Prevention. Applicable to adults only.

$$BMI = \left[ \frac{\text{weight in pounds}}{(\text{height in inches}) \times (\text{height in inches})} \right] \times 703$$

FOLD

**Ask Your Doctor**

1. What health screenings do you recommend for me?
2. What do my symptoms mean?
3. What tests do I need and the cost?
4. What treatments are effective?
5. Can I make any lifestyle changes that might help my condition?
6. What is the name of the medicine, and what is it supposed to do?
7. Is there a generic version available?
8. How will this medication interact with other medicines and supplements I am taking?
9. What are the possible side effects of treatments or medications?
10. What are my numbers? What do they mean? What should my targets be? When should they be rechecked?

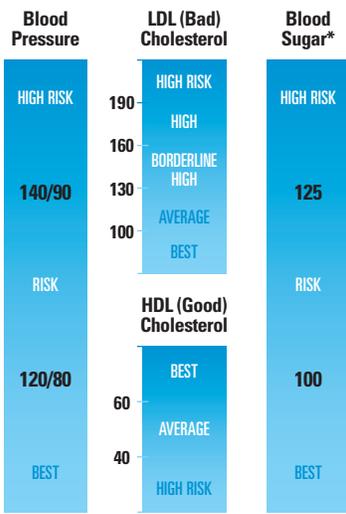
FOLD



**Know your numbers**

Knowing more about your health can help you reduce your risk of costly health problems and better manage any conditions you might have.

This pocket card will help you get the most out of visits with your doctor.



\* Based on a Fasting Plasma Glucose Test. Sources: American Diabetes Association, American Heart Association.

## Know your numbers

Date	Blood Pressure	Cholesterol LDL/HDL/Triglycerides	Blood Sugar
	/		
	/		
	/		
	/		
	/		
	/		
	/		
	/		
	/		
	/		

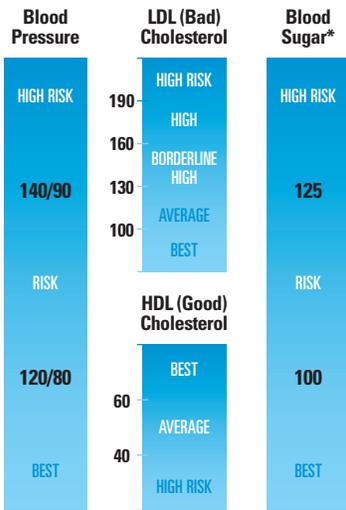
## Chart your progress

Use this chart to record numbers from your medical visits. Ask your doctor what each number means, how often they should be rechecked, and what your targets should be. Compare your new numbers to previous ones and ask what any changes might mean.

Provided as a general guideline. Only a physician can determine your personal health status.



An independent licensee of the Blue Cross and Blue Shield Association. 50-022 (03-09-20)



\* Based on a Fasting Plasma Glucose Test. Sources: American Diabetes Association, American Heart Association.

## Know your numbers

Date	Blood Pressure	Cholesterol LDL/HDL/Triglycerides	Blood Sugar
	/		
	/		
	/		
	/		
	/		
	/		
	/		
	/		
	/		
	/		

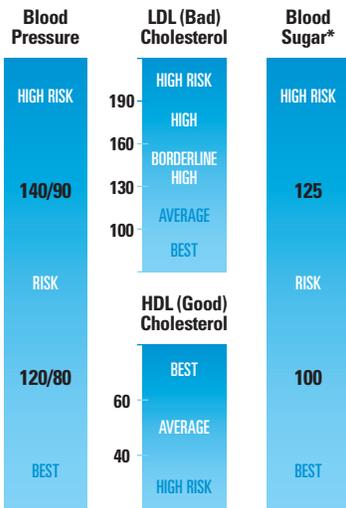
## Chart your progress

Use this chart to record numbers from your medical visits. Ask your doctor what each number means, how often they should be rechecked, and what your targets should be. Compare your new numbers to previous ones and ask what any changes might mean.

Provided as a general guideline. Only a physician can determine your personal health status.



An independent licensee of the Blue Cross and Blue Shield Association. 50-022 (03-09-20)



\* Based on a Fasting Plasma Glucose Test. Sources: American Diabetes Association, American Heart Association.

## Know your numbers

Date	Blood Pressure	Cholesterol LDL/HDL/Triglycerides	Blood Sugar
	/		
	/		
	/		
	/		
	/		
	/		
	/		
	/		
	/		
	/		

## Chart your progress

Use this chart to record numbers from your medical visits. Ask your doctor what each number means, how often they should be rechecked, and what your targets should be. Compare your new numbers to previous ones and ask what any changes might mean.

Provided as a general guideline. Only a physician can determine your personal health status.



An independent licensee of the Blue Cross and Blue Shield Association. 50-022 (03-09-20)