

Doctor Discussions

Ask Me Three

Knowing your numbers is an important part of taking a proactive role in the management of your health. However, developing a relationship with your primary care provider is an important step as well.

Health care is confusing and can be complicated. You should feel comfortable letting your provider know when you don't understand or need him or her to explain things to you differently. Here are three key questions you should ask your doctor, nurse or pharmacist to help you understand your health.

What is my **main** problem?

What do I need to **do**?

Why is it **important** for me to do this?

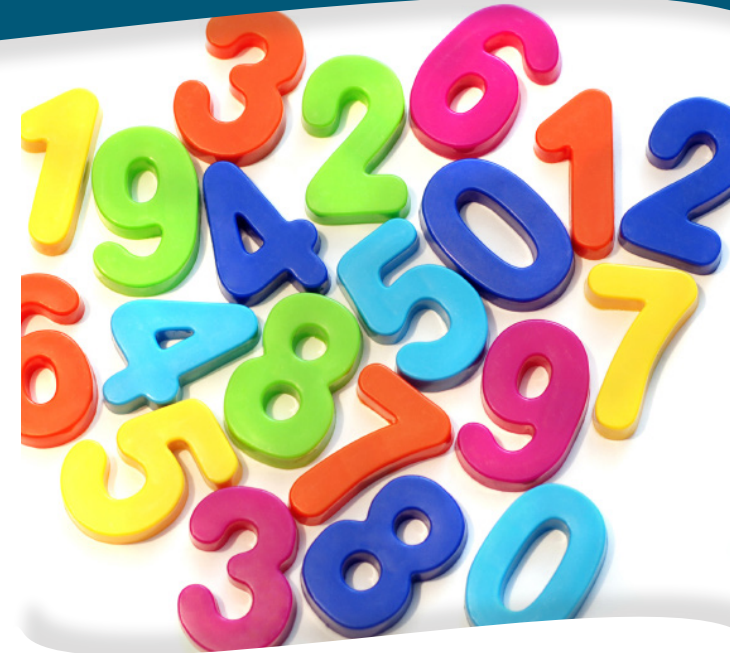
By prompting this type of dialog with your provider, you will feel better prepared for any tests that may be recommended or medications you are prescribed.

In addition, don't feel rushed or embarrassed if you don't understand what your provider is telling you. Your medical team wants to make sure that you understand what they are explaining to you and let them know you are confused and need help.

If you have a health condition and are not sure what specific questions you should be asking, visit **group-health.com**. Teladoc gives you access to a doctor 24/7/365 through the convenience of your phone or video consults. This FREE option allows you to discuss your medical concerns with a doctor, and if necessary, receive a prescription.

Living Well

Knowing Your Numbers



For additional information, please contact our Health Promotion department at (715) 552-4300 or (888) 203-7770.

Blood Pressure

Blood pressure is the pressure of the blood against the walls of the arteries. The first (systolic) number represents the pressure while the heart contracts to pump blood to the body. The second (diastolic) number represents the pressure when the heart relaxes between beats. Any blood pressure above normal should be discussed with your primary care provider.

Systolic	Diastolic	Level
210	120	Stage 4 High Blood Pressure
180	110	Stage 3 High Blood Pressure
160	100	Stage 2 High Blood Pressure
140	90	Stage 1 High Blood Pressure
130	85	High Blood Pressure
120	80	Normal Blood Pressure
110	75	Low Normal
90	60	Borderline Low

Waist Circumference

Waist circumference is the distance around the abdomen that measures abdominal fat. This measurement can be used to identify if you may be at an increased risk for morbidity and mortality.

High Risk
Men: >40 in.
Women: >35 in.

Body Fat Percentage

Body fat percentage is the amount of fat that makes up your total body weight.

		Age	Low	Recommended	High	Very High
Body Fat Percentage	Female	20 - 39	< 20.9	21.0 - 32.9	33.0 - 38.9	≥ 39.0
		40 - 59	< 22.9	22.0 - 33.9	34.0 - 39.9	≥ 40.0
		60 - 79	< 23.9	24.0 - 35.9	36.0 - 41.9	≥ 42.0
	Male	20 - 39	< 7.9	8.0 - 19.9	20.0 - 24.9	≥ 25.0
		40 - 59	< 10.9	11.0 - 21.9	22.0 - 27.9	≥ 28.0
		60 - 79	< 12.9	13.0 - 24.9	25.0 - 29.9	≥ 30.0

Body Mass Index (BMI)

BMI is an internationally used index to show the body condition by checking the balance between the height and weight. The BMI number does not consider if weight comes from fat or from muscle.

WEIGHT	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245
5'0"	19	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
5'1"	18	19	20	21	22	23	24	25	26	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	43	44	45	46
5'2"	17	18	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	37	38	39	40	41	42	43	44	45
5'3"	17	18	19	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	35	36	37	38	39	40	41	42	43	43
5'4"	16	17	18	19	20	21	21	22	23	24	25	26	27	27	28	29	30	31	32	33	33	34	35	36	37	38	39	39	40	41	42
5'5"	16	17	17	18	19	20	21	22	22	23	24	25	26	27	27	28	29	30	31	32	32	33	34	35	36	37	37	38	39	40	41
5'6"	15	16	17	18	19	19	20	21	22	23	23	24	25	26	27	27	28	29	30	31	31	32	33	34	35	36	36	37	38	39	40
5'7"	15	16	16	17	18	19	20	20	21	22	23	23	24	25	26	27	27	28	29	30	31	31	32	33	34	34	35	36	37	38	38
5'8"	14	15	16	17	17	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	33	33	34	35	36	36	37
5'9"	14	15	16	16	17	18	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	32	33	34	35	35	36
5'10"	14	14	15	16	16	17	18	19	19	20	21	22	22	23	24	24	25	26	27	27	28	29	29	30	31	32	32	33	34	34	35
5'11"	13	14	15	15	16	17	17	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	29	29	30	31	31	32	33	33	34
6'0"	13	14	14	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	31	31	32	33	33
6'1"	13	13	14	15	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	32	32
6'2"	12	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	31
6'3"	12	12	13	14	14	15	16	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	27	28	29	29	30	31
6'4"	12	12	13	13	14	15	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	24	25	26	26	27	27	28	29	29	30

HEIGHT Underhealthy weight BMI <18.5 Healthy weight BMI 18.5-24.9 Overweight BMI 25-29.9 Obese BMI 30.0-48