

Know your numbers

Important health metrics to check—and why they matter



Staying on top of your health starts with knowing some important measurements. These numbers give you insights about your heart, blood and overall health. Use the tables below as a guide, then talk to your doctor about ways to stay on track.



Blood pressure¹

What it is: A measure of the force of blood in your arteries

Why it matters: Hypertension (high blood pressure) can increase the risk of heart attack or stroke.

Systolic (top number)

Less than

120 mmHg

Diastolic (bottom number)

Less than

80 mmHg



Cholesterol²

What it is: A type of fat that helps your body function

Why it matters: Too much LDL (“bad” cholesterol) raises your risk of heart disease. HDL is the “good” cholesterol.

Age	Total	LDL goal	HDL goal
19 and younger	Below 170 mg/dL	Below 110 mg/dL	45 mg/dL or higher
20 and older	125 to 200 mg/dL	Below 100 mg/dL	Men: 40 mg/dL or higher Women: 50 mg/dL or higher



Blood sugar³

What it is: The amount of glucose (sugar) in your blood

Why it matters: High blood sugar may be a sign of diabetes.



**Fasting blood
sugar level (8-12
hours after eating)**

Below

100 mg/dL

HbA1C⁴

What it is: Your average blood sugar over the past three months

Why it matters: It helps track how well your blood sugar is being managed.

 HbA1C range



Waist size⁵

What it is: A simple check to find out if you're carrying excess body fat around your waist (the top of your hipbone, level with your belly button)

Why it matters: Your waist measurement can help you understand your risk for diabetes, heart disease and other health issues.



High-risk waist size

Men
40 inches
or more

Women
35 inches
or more

Resting heart rate⁶

What it is: The number of times your heart beats per minute

Why it matters: A rate within your target range means your heart is working as it should.

Use the following formula to find your target heart rate:

220 - your age = **maximum**
Maximum x 0.6 = **low end of target range**
Maximum x 0.8 = **high end of target range**

For example, if you're 40 years old:

220 - 40 = **180**
180 x 0.6 = **108**
180 x 0.8 = **144**



Your maximum heart rate is 180, and your target range is between 108 and 144.

These numbers are general guidelines for most people. Be sure to talk with your doctor to understand what's right for you based on your age, background and overall health. Ask how your numbers look and what small steps you can take to improve them.



Find care with
app.evernorth.com

1. American Heart Association. "Understanding Blood Pressure Readings." Last reviewed May 17, 2024. <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>

2. Cleveland Clinic. "Cholesterol Levels." Last reviewed July 19, 2024. <https://my.clevelandclinic.org/health/articles/11920-cholesterol-numbers-what-do-they-mean>

3. Mayo Clinic. "Diabetes." Last reviewed March 27, 2024. <https://www.mayoclinic.org/diseases-conditions/diabetes/diagnosis-treatment/drc-20371451>

4. CDC. "A1C Test for Diabetes and Prediabetes." Last reviewed May 15, 2024. <https://www.cdc.gov/diabetes/diabetes-testing/prediabetes-a1c-test.html>

5. WebMD. "How to Measure Your Waist." Last reviewed July 19, 2024. <https://www.webmd.com/diet/calculating-your-waist-circumference>

6. Cleveland Clinic. "Heart Rate." Last reviewed March 12, 2024. <https://my.clevelandclinic.org/health/diagnostics/heart-rate>

The use and transfer of information received from Google APIs to any other app will adhere to Google API Services User Data Policy, including the Limited Use requirements. If you are experiencing a medical emergency, dial 911 or go to your nearest emergency department immediately.

All Evernorth Health Services products and services are provided exclusively by or through affiliates of the Evernorth companies. Some content provided under license.

994833 05/25 © 2025 Evernorth Health Services. All rights reserved.

EVERNORTH
HEALTH SERVICES