BWELL Saginaw

ADULTS, KNOW YOUR NUMBERS!

Important health indicators	GOAL for good health	How do I determine this?	Am I at or better than goal?
Waist circumference	Less than or equal to **35 in (89 cm)**	Stand and place a tape measure around your middle, just above your hipbones. Keep the tape snug around the waist, but not compressing the skin. Measure your waist just after you breathe out.	☐ Yes ☐ No
Body Mass Index (BMI)	**< 25** 25-29.9 overweight > 30 obese	Your weight (lbs) = ____ ÷ your height (in) x your height (in) = ____ x 705 = BMI	<25 ☐ Yes ☐ No
Exercise habits	**150 mins/week**		☐ Yes ☐ No
Daily diet	**4-5 servings/day**	**A serving can be:** • Medium piece of fruit • 1 c leafy greens • ½ c fresh, frozen or canned fruit or veggies	☐ Yes ☐ No
Management of chronic conditions like diabetes and hypertension			
Blood sugar (as measured by A1C)	**< 7**	Talk to your doctor for this simple test, which measures average blood sugar levels over past 3 months	☐ Yes ☐ No
Blood pressure	**< 140/90**	At your doctor's office, at a pharmacy wih a digital blood pressure measurement machine, or with a home blood pressure monitor	☐ Yes ☐ No
Access to healthcare services	Relationship with primary care provider for annual well checks, sick visits, and recommended health screenings (mammogram, colonoscopy, PSA)	When you get sick, you have someone to call and do not rely on the emergency room for non-emergency health issues	☐ Yes ☐ No

If you answered YES to all or most, CONGRATULATIONS!
Way to step up and take control over your health and well-being.
Keep up the good work!

If you answered NO to any or all, you're NOT alone!
BWell Saginaw was developed to help you improve your numbers and take charge of achieving better health and well-being. It's so worth the effort. And we're here to help!