

HEALTH AWARENESS

A HEALTHY YOU STARTS WITH KNOWING FOUR NUMBERS. FIRST, BLOOD PRESSURE. IT SHOULD BE LESS THAN ONE TWENTY OVER EIGHTY. NEXT, CHOLESTEROL. THIS SHOULD BE LESS THAN TWO HUNDRED. THIRD, BODY MASS INDEX. KEEP IT BETWEEN EIGHTEEN-POINT-FIVE AND TWENTY-FOUR-POINT-NINE. FINALLY, BLOOD GLUCOSE SHOULD BE AT ONE HUNDRED OR LESS. TAKING A HEALTH ASSESSMENT OFFERED BY A HEALTH INSURER, SUCH AS HEALTH ALLIANCE PLAN, CAN HELP YOU LEARN HOW TO USE THESE NUMBERS TO IMPROVE YOUR HEALTH AND REDUCE YOUR MEDICAL COSTS. VISIT HEALTH ALLIANCE PLAN AT H-A-P--DOT--ORG--SLASH--HEALTH FOR OTHER HEALTH AND WELLNESS TIPS.