

# WE WANT TO HELP YOU TAKE CHARGE OF YOUR HEALTH

High blood pressure rarely gives you warning signs and can be a silent killer.

Ask your doctor to check your blood pressure regularly – it's easy and quick to do



**Teachers Healthcare Services is an initiative of Teachers Health and can help you answer any questions you have about knowing your numbers.**

Call **1300 728 578** or email [info@teachershealthcare.com.au](mailto:info@teachershealthcare.com.au)

Eligibility criteria and conditions apply. Teachers Federation Health Ltd ABN 86 097 030 414 trading as Teachers Health. A Registered Private Health Insurer. THF-THS-09/17

## KNOW YOUR NUMBERS



**TEACHERS  
HEALTHCARE  
SERVICES**

## KNOWING YOUR NUMBERS IS AN IMPORTANT PART OF KEEPING HEALTHY

Do you know what your blood pressure, blood glucose, HbA1c, waist measurement and blood cholesterol are? Do you know what these numbers mean in terms of managing your health?

Keeping a close eye on all of your numbers will assist you and your doctor if you need help.

Make knowing your numbers part of your routine and speak to your health practitioner for support and advice.

## YOUR NUMBERS

|                     |                      |                      |
|---------------------|----------------------|----------------------|
| Blood Pressure:     | Systolic:            | <input type="text"/> |
|                     | Diastolic:           | <input type="text"/> |
| Blood Glucose:      | <input type="text"/> |                      |
| HbA1c:              | <input type="text"/> |                      |
| Total Cholesterol:  | HDL:                 | <input type="text"/> |
|                     | LDL:                 | <input type="text"/> |
| Triglycerides:      | <input type="text"/> |                      |
| Neck:               | <input type="text"/> |                      |
| Waist to hip ratio: | <input type="text"/> |                      |

