



BAHAMAHEALTH OFFERS UNSURPASSED COVERAGE SO THAT **OUR MEMBERS CAN HAVE PROTECTION.**

We offer a wide variety of benefit options for both employer-sponsored groups and individuals to ensure that your health coverage meets your unique needs and budget. We also offer:

- ▶ **Plan Choice**
- ▶ **Lifetime Membership**
- ▶ **Convertibility of Medical & Life Benefits**
- ▶ **Low Co-payments**
- ▶ **24/7 Care Advocate Service**
- ▶ **Worldwide Coverage**
- ▶ **Preventative Care**



www.bahamahealth.com | (242) 396 1300 | GOOD HEALTH IS WITHIN YOUR REACH!



KEY NUMBERS FOR HEART HEALTH

We live our lives by the numbers -- But do you know the heart health numbers that could literally save your life? There are three key numbers you need -- including one surprisingly easy one that could give you picture of your heart health.

BLOOD PRESSURE

Your systolic pressure (top number) measures the pressure of blood against artery walls when the heart pumps blood out during a heartbeat, while the diastolic pressure (bottom number) measures the same pressure between heartbeats, when the heart fills with blood.

- **Normal blood pressure is below 120/80.**
- **Pre-hypertension is 120 to 139 (systolic) and/or 80 to 89 (diastolic).**
- **Hypertension – also known as high blood pressure -- is 140 or higher (systolic) and 90 or higher (diastolic).**

CHOLESTEROL

Here are the numbers to strive for:

- **Total cholesterol of 200 mg/dL or lower.**
- **HDL (“good” cholesterol) of 50 mg/dL or higher, if you’re a woman, or 40 mg/dL or higher, if you’re a man.**
- **Optimal LDL is 100 or lower, says Mosca. If you have other major risk factors, like pre-existing cardiovascular disease or diabetes, your doctor may want your LDL closer to 70.**
- **Triglycerides of less than 150 mg/dL.**

WAIST SIZE

If you can only remember one number, your waist size is the one to know. Why? Because better than your weight or your BMI, your waist size predicts your heart disease risk. Waist measurements should be:

- **Under 35 inches in women**
- **Under 40 inches in men**



Adapted from
webmd.com

