

# BOOST YOUR PHYSICAL HEALTH



## KNOW YOUR NUMBERS!

The four health numbers key to your physical wellbeing are:

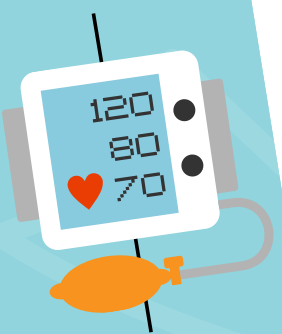
- Blood Pressure
- Cholesterol
- Blood sugar
- Body Mass Index (BMI)

## BLOOD PRESSURE

Blood pressure is a measure of the force that your heart uses to pump blood around your body.

- Ideal blood pressure is considered to be between 90/60mmHg and 120/80mmHg.
- High blood pressure is considered to be 140/90mmHg or higher.
- Low blood pressure is considered to be 90/60mmHg or lower.

Having a blood pressure test is the only way to know if you have high blood pressure.

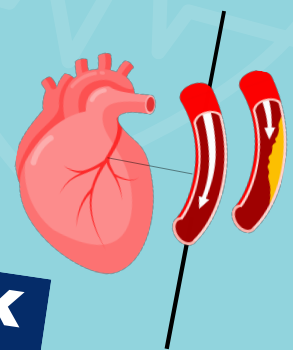


## CHOLESTEROL

Elevated cholesterol levels are one of the risk factors of heart disease. Fortunately, a simple cholesterol test can tell you how much cholesterol is circulating in your blood.

When to get a cholesterol test  
If you:

- Are aged 40-75 you should test your cholesterol every 5 years
- Have high cholesterol levels, you should check more regularly
- Are on medication to lower your cholesterol, you should check your levels every year.



## BODY MASS INDEX (BMI)

BMI is a measure that uses your height and weight to work out if your weight is healthy by dividing weight in kilograms by height in metres squared. For example, a BMI of 25 means 25kg/m<sup>2</sup>.

If your BMI is:

- Below 18.5 – you're in the underweight range
- Between 18.5 and 24.9 – you're in the healthy weight range
- Between 25 and 29.9 – you're in the overweight range
- Between 30 and 39.9 – you're in the obese range



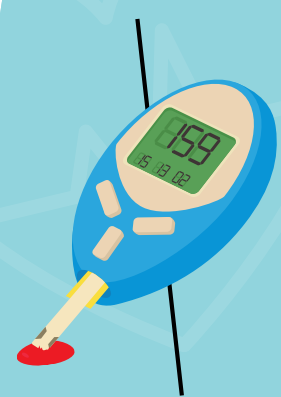
## BLOOD SUGAR LEVELS

If you don't have enough insulin, sugar stays in the bloodstream.

Over time, high blood sugar levels damage your blood vessels. This can cause other problems, such as coronary heart disease, kidney disease and diabetes.

For most people without diabetes, normal blood sugar levels are:

- Between 4 and to 6 mmol/L before meals
- Less than 8 mmol/L two hours after eating.



## FREE NHS HEALTH CHECK

If you are concerned get your free NHS health check.

If you're between the ages of 40 and 74 without a pre-existing condition, you should receive a letter from your GP surgery or local council, inviting you for a free NHS health check every 5 years. You can also call your GP surgery to book a health check.

The aim is to pick up on early signs of stroke risk, diabetes, dementia, and heart and kidney disease, about your numbers, then contact your local GP for more advice and support.



## HELP IS HERE IF YOU NEED IT

### Validity Digital GP

All employees have access to four free online GP consultations a year. More information on how to access the service is available on the wellbeing website.

This month's guide and all other wellbeing resources can be found on our new wellbeing page which sits on our external webpage, meaning you don't have to be on an amey device to access it.

Scan here or visit



[www.amey.co.uk/wellbeing](http://www.amey.co.uk/wellbeing)