



My Healthy Heart Wallet Card

Take Care of Your Heart



Check your:

blood pressure,
cholesterol, weight, waist
measure, and blood glucose

Name: _____

Try these tips for a healthy heart!

| | |
|-------------|--|
| More | + fruits, vegetables, whole grains, and fat-free or low-fat milk products + physical activity |
| Less | - calories and saturated fat, - weight and waist measure |
| None | 0 cigarettes = A healthy heart |

FRONT

Talk to your health care provider about what these numbers mean!

A1C
7% or less

| | | | | | |
|-------|--|--|--|--|--|
| Date | | | | | |
| Value | | | | | |

Blood glucose (fasting)
Less than 100

| | | | | | |
|-------|--|--|--|--|--|
| Date | | | | | |
| Value | | | | | |

Blood tests to check sugar in blood for diabetes

Waist measurements
Men: 40 inches or less
Women: 35 inches or less

| | | | | | |
|-------|--|--|--|--|--|
| Date | | | | | |
| Value | | | | | |

Weight

| | | | | | |
|-------|--|--|--|--|--|
| Date | | | | | |
| Value | | | | | |

Blood Pressure
Less than 120/80 mmHg

| | | | | | |
|-------|--|--|--|--|--|
| Date | | | | | |
| Value | | | | | |

Blood tests to measure fats in the blood

Total Cholesterol
Less than 200 mg/dL

| | | | | | |
|-------|--|--|--|--|--|
| Date | | | | | |
| Value | | | | | |

LDL
Less than 100 mg/dL—ideal

| | | | | | |
|-------|--|--|--|--|--|
| Date | | | | | |
| Value | | | | | |

HDL
More than 39 mg/dL

| | | | | | |
|-------|--|--|--|--|--|
| Date | | | | | |
| Value | | | | | |

Triglycerides
Less than 150 mg/dL

| | | | | | |
|-------|--|--|--|--|--|
| Date | | | | | |
| Value | | | | | |

BACK

FOLD 1

FOLD 2

Cut along dotted lines. Fold card in half and paste with a glue stick. (FOLD 1)
Fold in half again to make your own personal wallet card (FOLD 2)