Johns Hopkins University wants you to get healthy, and stay healthy. You make choices every day about your lifestyle; each choice you make, however small, can ultimately lead to better health. But before you can make the best choices, you need to understand your current health.

This year, the university is introducing a Know Your Numbers campaign to help you understand the importance of knowing your most significant health indicators, such as:

- blood pressure
- cholesterol
- blood glucose
- body mass index (an indicator of body fat based on your height and weight)

These numbers are key indicators of your risk for common health killers in the U.S., such as heart disease and diabetes. Did you know, for example, that there are different kinds of cholesterol to take into consideration when assessing your cholesterol level? And it has been estimated that about one-third of all those with diabetes in the U.S. don’t even know they have it!

**Know Your Numbers: See Your Doctor**

- Go through your health history with your doctor
- Discuss tests that are appropriate for you based on your age, gender and family background.
- Review the results with your doctor and set appropriate action plans, if necessary.

Testing and early detection can help prevent you from becoming a victim to these and other health conditions.

Taking charge of your health doesn’t have to be complicated:

- Control your weight
- Be more physically active
- Avoid unhealthy habits, like smoking or excessive drinking
- Eat healthy foods
- …and Know Your Numbers!

**THE NUMBERS SHOW…**

Jane, Conrad, Sam, and Ruth have decided they need to know their numbers. Read the series of Know Your Numbers flyers (found on [www.benefits.jhu.edu](http://www.benefits.jhu.edu)) to find out what they learned about their personal health—and what each has decided to do to make a personal health improvement.

**…THE WAY TO GO**