



Your Guide to Cardiometabolic Health

Navigating your cardiovascular
and metabolic health

WHAT'S INSIDE:

Getting Started	2
Why Cardiometabolic Health Matters	2
Know Your Numbers	3
• Key Indicators of Cardiometabolic Health	3
• Preventive Care and Screenings	4
• RRD Benefits for Preventive Care	5
Take Action for Your Cardiometabolic Health	6
• Small Steps for Big Impact	6
• Addressing Common Risk Factors	7

Getting Medical Treatment.....	9
• Medical and Prescription Drug Coverage.....	9
• Support for Specific Conditions	11
• When to Seek Immediate Medical Attention	12
Overcoming Barriers to Care	13
• Mental Health and Chronic Pain	13
• Financial Health	14
• Time Away From Work	15
• Voluntary Benefits	15
Terms to Know	16
Additional Resources	17





GETTING STARTED

It's never too early or too late to focus on your cardiovascular and metabolic health — also known as your cardiometabolic health.

Cardiometabolic conditions like heart disease, stroke and diabetes may not show symptoms until it's too late. Early detection (through regular check ups and screenings) and early intervention can potentially prevent and/or manage the most serious complications: conditions like heart disease, hypertension (high blood pressure) and diabetes, or life-threatening health events like heart attack and stroke..

Knowing how to prevent, manage or improve common risk factors related to these conditions can make a difference no matter where you are in your health journey. RRD offers programs and resources to support you.

For more information on all your RRD benefits, visit myrrdbenefits.com.

WHY CARDIOMETABOLIC HEALTH MATTERS

Cardiometabolic health refers to the overall wellbeing of the heart and metabolic systems, including the regulation of blood sugar, cholesterol and blood pressure. Cardiometabolic conditions, which include heart disease, hypertension, diabetes and related indicators like high blood sugar, blood pressure and/or cholesterol, are highly prevalent and pose significant health challenges globally:

- According to the World Health Organization (WHO), cardiovascular diseases are the leading cause of death worldwide, accounting for approximately 17.9 million deaths each year. In the United States, these diseases cause roughly one in four deaths.
- As of 2022, the Centers for Disease Control and Prevention (CDC) reports that about 38 million people in the U.S. have diabetes, and approximately 98 million adults have prediabetes, a condition that often leads to Type 2 diabetes if not managed. Diabetes can lead to additional complications such as heart disease, stroke or kidney failure.

- The WHO states that hypertension affects about one in four men and one in five women globally. Untreated or unmanaged hypertension can lead to heart, brain, kidney and blood vessel damage, as well as complications like stroke.
- According to the CDC, 10% of adults aged 20 or older had high total cholesterol between 2017 and 2020, which leads to health problems like heart attack and stroke.

Although these numbers can be alarming, it's important to keep in mind that you can take action on many of the risk factors related to these conditions, such as nutrition, exercise, weight and stress levels. However, there are also risk factors you can't control, like your genetics, sex, age and family history. Being aware of all the risk factors can help you take steps to improve your health, and one of the best ways to do that is knowing your numbers.

KNOW YOUR NUMBERS

Whether you're focused on prevention or managing an existing condition, knowing your numbers is key for understanding your current health status and future risk.

Key indicators of cardiometabolic health

When we talk about “numbers” in the context of cardiometabolic health, we are referring to key indicators such as blood pressure, cholesterol levels, blood sugar (glucose) levels and body mass index (BMI). These measurements can be obtained during an annual physical exam or through specific preventive screenings. Knowing these numbers can be empowering — you'll have a better understanding of your overall health and what steps to take to maintain or improve it. And, knowing your numbers can help you and your healthcare provider develop a plan to keep those indicators from turning into something more serious down the road.

Understanding what constitutes “normal” numbers is important, and you might wonder what that means. While there are general guidelines, your numbers may vary based on your age, sex and health history, so it's best to review your results with your doctor to determine what your specific numbers should be.

Whether you're healthy or have a chronic condition, it's important to schedule routine preventive care and screenings with your primary care provider to get your numbers checked regularly. These visits allow the doctor to get to know you and recommend the right preventive screenings.

Did you know? Not all cholesterol is “bad”

A basic cholesterol test will give you information about both your low-density lipoprotein (LDL) and high-density lipoprotein (HDL) levels — but the two types are not created equal. LDL is considered “bad” cholesterol while HDL is “good,” and both have different ideal ranges in your body.

Reviewing your test and screening results with your doctor can help ensure you understand your results and know what's in range for you.





Preventive care and screenings

A healthcare provider can take the measurements and/or order the tests needed to get your key indicators of health. Keep these tips in mind when planning for preventive care and screenings:

- If possible, identify a regular primary care physician who can help you keep track of your overall health, connect the dots between your health concerns and test results and refer you to specialists as needed.
- Schedule your annual preventive care visit early — it may be several weeks before your doctor can see you for a routine visit.
- When you schedule your appointment and/or specific screenings, ask if you need to fast beforehand and for how long. Some tests require that you do not eat for a certain amount of time to get accurate results.
- Once you get any test results, discuss them with your physician and ask questions to be sure you understand them, what they mean and any recommended next steps, including additional care or medications.
- Your doctor may suggest that you continue checking your numbers between screenings. To keep track of your numbers over time, you can use tools like at-home blood pressure cuffs, glucose meters and scales, and also schedule regular follow-up visits with your healthcare provider.
- Watch for concerning symptoms. While knowing your numbers is critical, it's also important to pay attention to symptoms such as persistent headaches, dizziness, shortness of breath, unusual fatigue and frequent urination, as these can be signs of high blood pressure or diabetes and may require extra monitoring. Notify your healthcare provider if you experience any concerning or new symptoms. Keep in mind, certain symptoms may require immediate medical care — see [page 12](#) for details.

10 questions to ask at your annual physical

When you see your provider for your annual physical, here are some questions you might ask to understand your numbers:

1. What are my blood pressure, cholesterol, blood sugar and body mass index (BMI) levels — and are they within a healthy range? What should I aim for to maintain a healthy heart?
2. How is my heart rate, and are there any irregularities I should be aware of?
3. Am I at risk for any cardiometabolic conditions, such as heart disease, stroke or diabetes?
4. Are there any signs of inflammation or other markers that might indicate cardiovascular risk?
5. What can I do to improve my cardiometabolic health, such as diet and exercise changes?
5. Are there any medications or supplements that could benefit my heart and metabolic health?
6. What are the early signs of cardiometabolic issues that I should watch out for?
7. How does my family history affect my cardiometabolic risk, and what can I do to control it?
8. How do my current lifestyle habits, such as tobacco use or alcohol consumption, impact my cardiometabolic health?
9. Are there any other tests or screenings I should get based on my results or my age, sex or health history?



RRD benefits for preventive care

You might wonder how much it will cost to visit your doctor and get your numbers. Good news — RRD's medical plans cover many preventive services at no cost to you. And, by getting preventive care now, you can help avoid costly health complications down the road. That's because preventive care can often detect potential health risks — like high blood pressure or high cholesterol — before they become more serious problems.

Here are just some of the preventive care services that are generally covered at 100%:

- Annual physical exams
- Preventive screenings and lab work, including blood pressure, cholesterol and diabetes (Type 2) screenings
- Women's preventive services
- Well-baby and well-child care
- Immunization and inoculations
- Annual mammograms
- Colonoscopy screening

Contact your provider for a full list of preventive services.

TAKE ACTION FOR YOUR CARDIOMETABOLIC HEALTH

While your healthcare provider plays a key role in your health, there are simple, everyday actions you can take in your day-to-day life to boost your cardiometabolic health and reduce the risk of heart disease, diabetes and other related conditions.

Small steps for big impact

Consider building the following actions into your daily routine:

- **Walking at least 15 minutes per day:** Regular physical activity, even in short bursts, can help lower blood pressure, improve cholesterol levels and enhance overall heart health.
- **Taking the stairs instead of the elevator:** This small change can increase your daily physical activity, which is beneficial for weight management and metabolic health.
- **Limiting excess sugar:** Reducing your intake of added sugars can help control blood sugar levels and lower the risk of developing diabetes.
- **Eating more fiber:** Foods rich in fiber, such as fruits, vegetables and whole grains, can improve cholesterol levels and support healthy digestion.
- **Drinking plenty of water:** Staying hydrated can help maintain a healthy weight and support overall metabolic function. You've likely heard the advice to drink at least 8 glasses (64 ounces) of water a day, although many resources recommend more depending on your activity level and the climate in which you live.
- **Getting enough sleep:** Aim for 7-9 hours of quality sleep each night to help regulate blood pressure and improve insulin sensitivity.
- **Managing stress:** Techniques like deep breathing, meditation or yoga can reduce stress levels, which can positively impact your heart health and metabolic function.
- **Adhere to treatment plans and medication:** If your doctor has already given you a treatment plan, be sure to complete all follow-up visits and tests, make recommended lifestyle changes and take medications as prescribed. Staying informed and consistent with your treatment can significantly improve your health outcomes.

Did you know? Chronic stress can negatively impact your cardiometabolic health

Chronic stress can raise your blood pressure, which in turn can increase the risk of cardiovascular diseases. Be sure to take advantage of RRD resources that support your mental and emotional wellbeing. Check out the [Mental and Emotional Wellbeing Guide](#) to learn more about your options.





Addressing common risk factors

You can take simple steps to improve your health and focus on common risk factors before they progress into more serious — and costly — conditions. Managing your weight, quitting tobacco and improving your overall wellbeing are all lifestyle behaviors that can help prevent and address some of the most common risk factors related to cardiometabolic health.

- **Weight management and nutrition:** Nutrition and body weight (including BMI) are often correlated with other cardiometabolic risk factors, such as elevated blood pressure, blood sugar and cholesterol.

The following programs are available to RRD employees enrolled in a Blue Cross Blue Shield of Illinois (BCBSIL) National Option or BCBS Coupe PPO. If you're enrolled in other coverage, contact your provider to ask about weight management support:

- **Twin Health** combines a mobile app, technology and the support of a medical team to help you understand how your body works and what it needs to achieve sustainable weight loss. You'll receive a wearable device that tracks your metabolic health, which allows Twin Health to deliver personalized insights and fine-tune your plan based on your body's response. Paired with expert guidance from a dedicated health coach, you'll achieve sustainable results and better overall health.

connect.twinhealth.com/rrd | [Twin Health App](#)

- **Wondr Health** is a digital wellbeing program that teaches clinically-proven, healthy habits that reduce stress, improve sleep, promote weight loss and more. You'll have access to weekly video lessons and mindful eating tools, as well as weekly master classes.

wondrhealth.com/rrd | [Wondr Health App](#)

- **Well onTarget** offers the support you need to make healthy choices by providing personalized tools and resources right at your fingertips. Through the Member Wellness Portal, you can access self-management programs, the health and wellness digital library, fitness discounts and interactive tools and trackers. You can also connect with a wellness coach that offers one-on-one guidance in achieving your goals. Please note that this program is not available to those enrolled in the BCBSIL Coupe PPO plan.

wellontarget.com | 1-877-806-9380 | [AlwaysOn Wellness App](#)

- **Tobacco use and cessation:** Tobacco use is linked to diabetes, various types of cancer and heart disease.

Available to all RRD employees and their family members (spouse/domestic partner and dependent children ages 18 – 25):

- **The UBreathe Tobacco Cessation** program is provided through our Employee Assistance Program. This free program gives enrolled participants a certified tobacco cessation specialist who will provide ongoing support, information, resources and accountability to help you quit.

[SupportLinc.com](https://supportlinc.com) (use code RRD) | 1-888-881-LINC (5462) | [SupportLinc Apps](#)

- **Caring for your holistic health and wellbeing:** Supporting your overall physical and emotional health can reduce stress and help keep your heart healthy.

Available to RRD employees who are enrolled in a BCBSIL National Option:

- **Learn to Live** helps you learn new skills and break old patterns that support a healthy lifestyle. Find Cognitive Behavioral Therapy (CBT) programs on topics like anxiety and wellbeing. Log in at mybam.bcbsil.com, then go to Wellness then “Digital Mental Health.”

bcbsil.com/rrd | 1-800-537-9765 (24/7 for BCBSIL, HAS) | [BCBSIL Apps](#)

Available to RRD employees who are enrolled in a Kaiser Regional Option:

- The Healthy Lifestyle Program offers personalized, online programs to help you create healthy habits and achieve your health goals. You’ll find advice, encouragement and tools on topics like exercise, stress, nutrition, weight, quitting tobacco and more.

kp.org



GETTING MEDICAL TREATMENT

Lifestyle changes to address risk factors can make a big difference on your health, but it's important to seek professional advice and assistance to ensure you're on track or to treat any existing conditions.

Medical and prescription drug coverage

Access care through your medical plan: All of RRD's medical options offer coverage for the screenings and treatments you may need to know your numbers or manage a condition. Whether you're looking for a physician to help with a diagnosis, need assistance with a specific challenge like high blood pressure or want to see a counselor, you can find an in-network provider and confirm your benefits by contacting your medical option.

- **National Options Provided by Blue Cross Blue Shield of Illinois (BCBSIL):** BCBSIL offers a wide array of services to address your needs. Find an in-network provider through the website and schedule by calling 1-800-537-9765 or downloading the app. You also have 24/7 access to Health Advocacy Solutions (HAS), a team of specialists to help guide your care. Your HAS number is on the back of your BCBSIL ID card, and you can call 24/7/365. Members can also request an assigned Health Advocate, so you'll always have a specified point of contact.
bcbsil.com/rrd | 1-800-537-9765 (24/7 for BCBSIL, HAS) | [BCBSIL Apps](#)
- **BCBS Coupe PPO:** BCBS Coupe PPO plan offers comprehensive services while giving you more control of your health care. You pay a flat dollar copay depending on the provider you choose — with no deductibles, coinsurance or unexpected bills. Contact a Health Valet at healthvalet@coupehealth.com to find a provider, coordinate appointments, ask questions and more.
coupehealth.com | 1-800-882-5158 | [Coupe Health App](#)
- **Regional Options Provided by Kaiser Permanente:** Kaiser offers comprehensive screening and treatment options for plan enrollees. Speak with a doctor in person or via phone, unlimited text coaching, video or e-visit. To schedule an appointment, call 1-866-454-8855 or download the app.
kp.org | 1-800-464-4000 (CA), 1-301-468-6000 (Mid-Atlantic, DC Metro), 1-800-777-7902 (Mid-Atlantic, Outside DC Metro), 1-800-813-2000 (OR), 1-888-901-4636 (WA) | [Kaiser Permanente App](#)
- **Regional Options Provided by Dean Health:** Dean Health offers coverage to help you diagnose or treat cardiometabolic conditions. Find a provider or review your options for telehealth and express virtual care on the website.
deancare.com | 1-800-279-1301, 1-800-57-NURSE (24/7 Nurseline)

Reach out to your carrier to learn more about your coverage for cardiometabolic health.



When your care includes prescription drugs: You may need to take prescription drugs to maintain your health or treat a cardiometabolic condition. Prescription medications, including specialty drugs, can be an important part of your treatment plan.

- **BCBSIL National Options and BCBS Coupe:** Your prescription coverage is provided by CVS/Caremark.
 - For short-term medications, register at [caremark.com](https://www.caremark.com) or [download the CVS/Caremark app](#). Medications (including specialty medications) can be picked up at a local CVS.
 - For medications used on an ongoing basis, you typically must use the CVS/Caremark Maintenance Choice Program or Mail Order Service to fill your prescriptions.
 - For extra savings, you may be able to identify opportunities to save money on prescription medications with Rx Savings Solutions. This service — created and run by pharmacists — can help you take control of prescription drug costs. Learn more at myrxss.com, call 1-800-268-4476 or download the app.
 - For more information, visit [caremark.com](https://www.caremark.com) or call 1-866-273-8402.
- **Kaiser Permanente Regional Option:** Kaiser Permanente's [pharmacy program](#) makes it easy to fill and manage your prescriptions. Through Kaiser Permanente pharmacies, you have options for delivery, same-day pickup and refill reminders and status updates. You can contact a pharmacy representative at 1-800-245-7979.
- **Dean Health Regional Option:** As part of its Specialty Pharmacy Program, Dean Health Plan works with [Lumicera Health Services](#) to coordinate personalized support, free delivery, same-day service for emergency medical needs and more. Contact Lumicera at 1-855-847-3553.

Note: Depending on the medication, you may have different delivery or pickup options. Not all prescriptions will be available through mail order and some may only be picked up at specialty pharmacies.



Support for specific conditions

RRD also provides access to targeted programs that can help treat and address specific cardiometabolic concerns, like diabetes and high blood pressure.

- **Diabetes management:** Whether you've recently been diagnosed or have been living with diabetes for some time, understanding the best practices for managing it can make a significant difference in your overall health and wellbeing. By equipping yourself with the right knowledge and tools, you can lead a healthier, more balanced life and reduce the risk of long-term health issues.

The following programs are available to RRD employees enrolled in a BCBSIL National Option or BCBS Coupe PPO. Note that you may only enroll in one of the programs so review them carefully to understand which best meets your needs:

- **Twin Health:** With Whole Body Digital Twin Technology and a dedicated care team, Twin Health helps you reverse Type 2 diabetes and prediabetes. You'll get daily guidance on actions you can take to heal your metabolism. The Whole Body Digital Twin uses non-invasive sensors to understand how your body responds to foods, activity, stress and sleep, so you can take control of your health.

connect.twinhealth.com/rrd | [Twin Health App](#)

- **Transform Diabetes Care:** Transform Diabetes Care through CVS Health can help control your Type 1 or Type 2 diabetes and stay on track with your treatment plan. You receive guidance specific to your needs to prevent diabetes-related complications, manage medication, monitor and control your blood glucose and access personalized coaching.

[CVS Diabetes Management](#) | 1-800-348-5238

- **Blood pressure/hypertension:** Uncontrolled high blood pressure/hypertension can lead to other health complications, including cardiovascular conditions and stroke.

Available to RRD employees and their dependents enrolled in a BCBSIL National Option or BCBS Coupe PPO:

- Teladoc provides you with an advanced blood pressure monitor and the support you need to manage your blood pressure — and your plan covers 100% of the costs. You'll find tools and techniques that work for you, such as:
 - Personalized insights
 - One-on-one coaching
 - Easy-to-use app and dashboard
 - Guidance on healthy habits

teladochealth.com/now/RRD | 1-800-835-2363 and use code: RRD.

Not enrolled in a BCBS medical plan?

Contact your insurance provider to ask about diabetes management and hypertension support options. Kaiser and other providers often provide similar services.

When to seek immediate medical attention

If you or someone you know experience any of the following symptoms, **call emergency services immediately** as they can indicate a heart attack, stroke or other life-threatening conditions:

- Severe chest pain or discomfort that feels like pressure, squeezing, fullness or pain and that lasts more than a few minutes or goes away and comes back
- Severe pain or discomfort in other areas of the upper body, including the arms, back, neck, jaw or stomach
- Shortness of breath that is sudden and unexplained and that may occur with or without chest discomfort
- Rapid or irregular heartbeat that feels different from your normal heart rhythm
- Dizziness or lightheadedness that is severe or accompanied by other symptoms
- Swelling in the legs, ankles or feet that is sudden and unexplained
- Nausea or vomiting that is severe and not related to a known cause
- Sudden numbness or weakness in the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or difficulty understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or lack of coordination
- Sudden severe headache with no known cause

Did you know? Symptoms of heart attack often present differently in women and may include:

When you see your provider for your annual physical, here are some questions you might ask to understand your numbers:

- Unusual fatigue that is more pronounced and lasts longer than usual
- Indigestion or heartburn that is new or unexplained
- Anxiety or a sense of impending doom
- Cold sweats or clammy skin
- Nausea or vomiting that is more severe than usual
- Pain in the jaw, neck, back or abdomen that is different from typical chest pain
- Shortness of breath that occurs without exertion





OVERCOMING BARRIERS TO CARE

“What if chronic pain or my mental health prevents me from getting and staying active?”

We recognize some things may hinder your activity and keep you from taking preventive steps, like chronic pain, mental health or other life circumstances. RRD has resources to help you with your general health, wellbeing and any other issues you may face that prevent you from focusing on your cardiometabolic health.

Available to all RRD employees:

- **The Employee Assistance Program (EAP)** through SupportLinc provides employees and their families access to mental health care, emotional wellbeing resources and work/life support. SupportLinc offers confidential and professional guidance, including one-on-one counseling, text therapy and virtual support groups — at no cost to you. Visit SupportLinc for resources to help manage your weight, nutrition, stress and more. You do not need to be enrolled in an RRD medical option to take advantage of the offerings.

[SupportLinc.com](https://supportlinc.com) (use code RRD) | 1-888-881-LINC (5462) | [SupportLinc Apps](#)

Available to RRD employees who are enrolled in a BCBSIL National Option or BCBS Coupe PPO:

- **Goodpath** offers whole-person, personalized care in a coordinated way that leads to better outcomes than addressing symptoms alone. Goodpath provides complete care to assist with digestive issues, back and neck pain, cancer quality-of-life support, sleep and mental health. RRD employees and dependents age 18 or older can use Goodpath for free. Take a short assessment to get started at goodpath.com/rrd.

goodpath.com/rrd | [Goodpath App](#)

- **Hinge Health** can help if chronic pain is making it difficult for you to get active. This program helps you overcome joint and muscle pain through a personalized exercise program. You'll use one-on-one coaching and wearable sensors for personalized exercise therapy that is shown to reduce chronic pain. Whether you want to conquer pain, recover from an injury or reduce stiffness in achy joints, Hinge Health will support you at no additional cost.

hinge.health/rrdonnelley | 1-855-902-2777 | [Hinge Health App](#)

“Health care is expensive...seeing a doctor or getting treatment will only add to my stress.”

- **Saving and spending account options:** Health Savings Accounts (HSAs) and Flexible Spending Accounts (FSAs) allow you to save for health care expenses on a pre-tax basis. Depending on your medical option enrollment, you may have access to one or both tax-advantaged accounts to help you cover expenses related to treatment.
- **Ability to borrow from your 401(k) through a hardship loan:** You may be able to withdraw all or some of the savings held in your pre-tax 401(k), after-tax Roth, TRASOP and matching accounts prior to age 59 ½ if you qualify for financial hardship, which can occur if you have uninsured medical expenses incurred by you or a family member. For more specific questions about your account, contact Fidelity at 1-800-835-5095 or download the app.
- **Access to a medical line of credit through Paytient:** RRD has partnered with Paytient to help ease the financial burden. If you're an RRD benefits-eligible employee, you have access to a \$1,200 interest- and fee-free line of credit to pay for care for you or your covered dependents. As of January 1, 2026, participants in the BCBS Coupe PPO option are eligible for a \$3,000 line of credit if elected during Annual Enrollment or when initially eligible for benefits. If a \$3,000 Paytient card is not requested at time of enrollment, Coupe participants are still eligible for the \$1,200 line of credit. To learn more, visit paytient.com/rrd, call 1-573-206-9147 or email hello@payment.com.
- **BCBSIL Member Rewards:** When shopping for procedures or services through the Provider Finder tool, you will receive a cash reward for selecting a low-cost, reward-eligible option. These cash rewards can be used to compare costs and quality, estimate out-of-pocket costs and make the most efficient use of your health care benefits. Note that BCBSIL Member Rewards are not available if you are enrolled in the BCBS Coupe PPO.
- **Save on prescriptions:** PrudentRx and Rx Savings Solutions can help reduce your prescription costs. See page 10 for more details.
- **Critical illness insurance:** Distributes a lump-sum payment if you or a covered family member is diagnosed with a serious illness. Learn more at metlife.com or call 1-800-GETMET8.
- **Hospital indemnity insurance:** Pays a flat amount and defined per-day amount when you are admitted to a hospital for a covered event. Learn more at metlife.com or call 1-800-GETMET8.



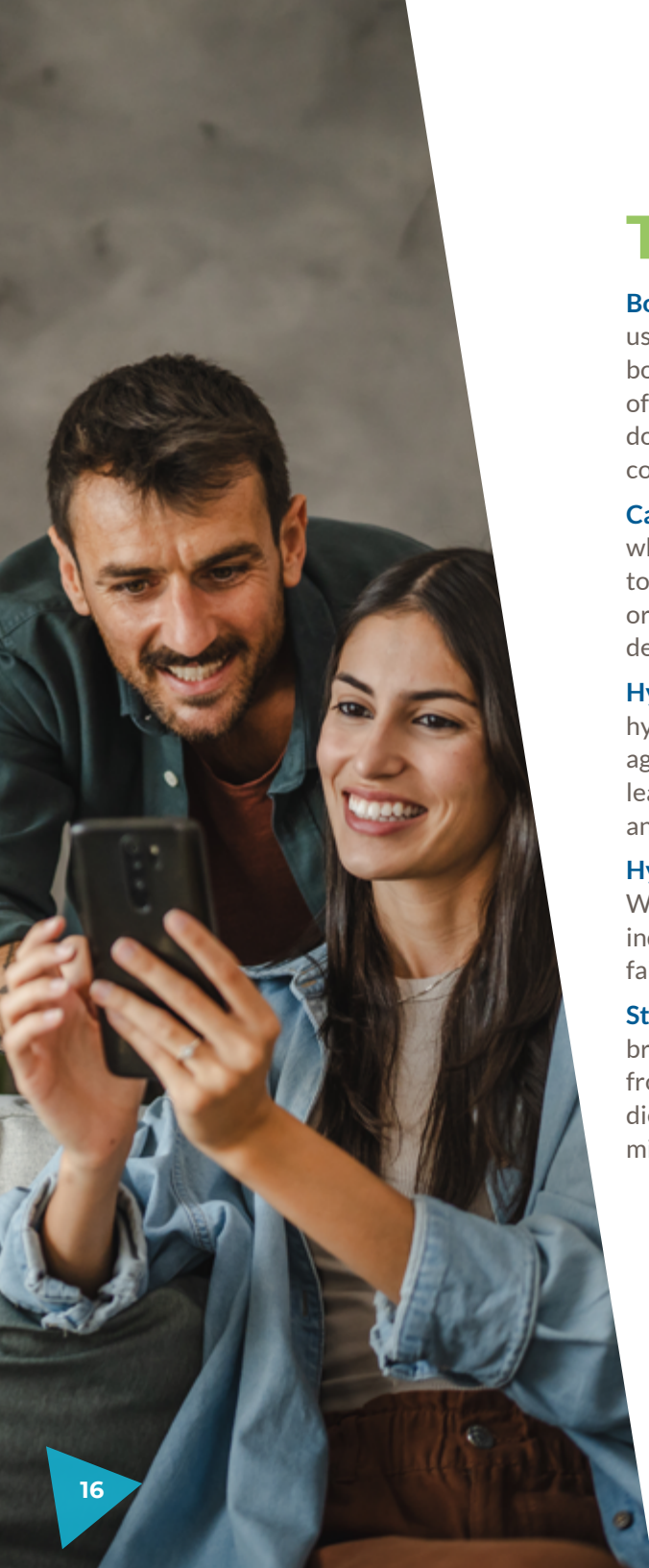
“I don’t have the time I need to care for my health or for a loved one.”

Do you need to take some time away from work to take care of your health or the health of a loved one? RRD offers a variety of paid and unpaid leave options so you can focus on what matters most:

- Paid Time Off: Go to InsideRRD/Employee Center/HR Policies or speak to your HR Manager to learn about your available PTO.
- Short-Term Disability (STD) and Long-Term Disability (LTD) benefits are available if you will be out of work for more than 7 consecutive days.
 - Learn more on myRRDbenefits.com/disability or call Lincoln Financial at 1-800-331-4914.
- Family Medical Leave Act (FMLA) provides time off to care for a family member with a serious health condition or your own serious health condition, if eligible.
 - Learn more on myRRDbenefits.com/disability.

Talk with your manager about your options for taking time off and setting up accommodations as needed.





TERMS TO KNOW

Body Mass Index (BMI): A numerical measure calculated using your height and weight to estimate the amount of body fat you have. While BMI can be a helpful indicator of health and risk level, it is only one measurement and does not consider factors like muscle mass or body composition.

Cardiac Arrest: A sudden and often fatal condition where the heart stops beating effectively, leading to a loss of blood flow to the brain and other vital organs. Immediate medical attention, such as CPR and defibrillation, is crucial for survival.

Hypertension: Also known as high blood pressure, hypertension is a condition where the force of blood against the artery walls is consistently too high. It can lead to serious health issues like heart disease, stroke and kidney damage.

Hypotension: Refers to abnormally low blood pressure. While it can be a sign of good health in certain individuals such as athletes, it can also cause dizziness, fainting and in severe cases, shock.

Stroke: Occurs when the blood supply to part of the brain is interrupted or reduced, preventing brain tissue from getting oxygen and nutrients. Brain cells begin to die within minutes, and prompt treatment is essential to minimize brain damage and improve outcomes.

Hypercholesterolemia: Condition characterized by high levels of cholesterol in the blood. High cholesterol can lead to the buildup of plaque in the arteries, increasing the risk of heart disease and stroke.

HDL Cholesterol: High-density lipoprotein (HDL) cholesterol is often referred to as “good” cholesterol because it helps remove other forms of cholesterol from the bloodstream, reducing the risk of heart disease.

LDL Cholesterol: Low-density lipoprotein (LDL) cholesterol is often called “bad” cholesterol because high levels can lead to the buildup of plaque in the arteries, increasing the risk of heart disease and stroke.

Diabetes: Chronic condition that affects how the body processes blood sugar (glucose). There are two main types: Type 1, where the body doesn’t produce insulin, and Type 2, where the body doesn’t use insulin effectively.

Blood Glucose: Blood glucose, also known as blood sugar, is the main sugar found in the blood and is the body’s primary source of energy. It is regulated by insulin and other hormones.

Insulin: A hormone produced by the pancreas that helps regulate blood glucose levels. It allows cells to absorb glucose from the bloodstream and use it for energy or store it for later use.



ADDITIONAL RESOURCES

In addition to the resources available in this guide, you can also visit the following websites for more information:

- [American Heart Association](#)
- [American Diabetes Association](#)
- [American Stroke Association](#)
- [American Society of Nutrition](#)