

**Small Changes for Health 2006**

Week   2  



Now that we know our weight and BMI, there are a few other numbers to know to get a good idea of our current health status: our blood pressure, blood glucose and serum cholesterol levels. Checking these numbers periodically can help to identify health and disease risks **early**, and allow you to make changes to prevent more serious consequences. Knowing these numbers will help you make effective health goals too. Week two's change is based on that idea.

**Your Small Change: For this week, make sure that you get your blood pressure, blood sugar and serum cholesterol levels checked.** You can get this screening done by visiting the 4<sup>th</sup> Floor Conference Room on **Thursday, January 19, 2006 from 9 a.m. to 12 p.m.** or scheduling an appointment with your personal physician.

If you need more information about this program, this subject or some assistance or suggestions on how to make this change, please visit Health Promotions in room 910 or call us at 314/612-5400, 5419 or 5163.

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Follow-Up: Week   2  

**Your Small Change: For this week, make sure that you get your blood pressure, blood sugar and serum cholesterol levels checked.**

1. Did you get your blood pressure, blood sugar and serum cholesterol checked? (check one)

Yes                       No

2. Were any of these numbers high? (check the ones that were high)

Blood Pressure               Blood Sugar               Serum Cholesterol

3. Does knowing your numbers (blood pressure, blood sugar and serum cholesterol) make you want to make some changes in your lifestyle? (check one)

Yes                       No

4. Other Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Please return the bottom half of this form to  
Health Promotions in Room 910, at the end of this week.**

