As adults, we know how important it is to go to the doctor on an annual basis and get routine blood work done. It is also important to monitor our health and test results over the years. While we may not understand what all our numbers mean, the experts at NorthShore do, and they are helping us understand what a healthy range is for the average adult.*

**KNOW YOUR NUMBERS**

**CHOLESTEROL**

<table>
<thead>
<tr>
<th>HDL (good)</th>
<th>&gt;40 mg/dL</th>
<th>&gt;50 mg/dL</th>
</tr>
</thead>
<tbody>
<tr>
<td>LDL (bad)</td>
<td>&lt;130 mg/dL</td>
<td>&lt;130 mg/dL</td>
</tr>
</tbody>
</table>

**TOTAL** <200 mg/dL

**TEMPERATURE**

98.6°F

Most people’s oral body temperature, +/- 0.6 degrees.

**BLOOD PRESSURE**

<120/80

Is a good reading. Anything over 130/80 is considered high.

**GLUCOSE**

Fasting glucose level should be:<br>

- <100 mg/dL

**TRIGLYCERIDES**

Healthy<br>

- <150 mg/dL

**CALCIUM**

- Adults: 8.8–10.4 mg/dL
- Children: 6.7–10.7 mg/dL

**VITAMIN D**

- Healthy: 32–50 ng/mL
- Deficiency: <30 ng/mL

**SODIUM**

Normal: 136–145 mEq/L

**WAISTLINE**

Should be smaller than:

- 18.6–24.9

**PULSE**

60–100 beats per minute

Indicates a healthy resting heart rate. People who are fit tend to have a lower resting pulse rate.

**BLOOD PLATELETS**

150,000–400,000

The normal number of platelets in the blood per µL.

*SOURCES   • www.heart.org   • www.webmd.com   • www.uhc.com   • www.medlineplus.gov

*It is recommended to discuss your test results with your physician to know what your healthy range is.*