



# Heart Health

## Numbers You Should Know

1  
Resting  
Heart Rate

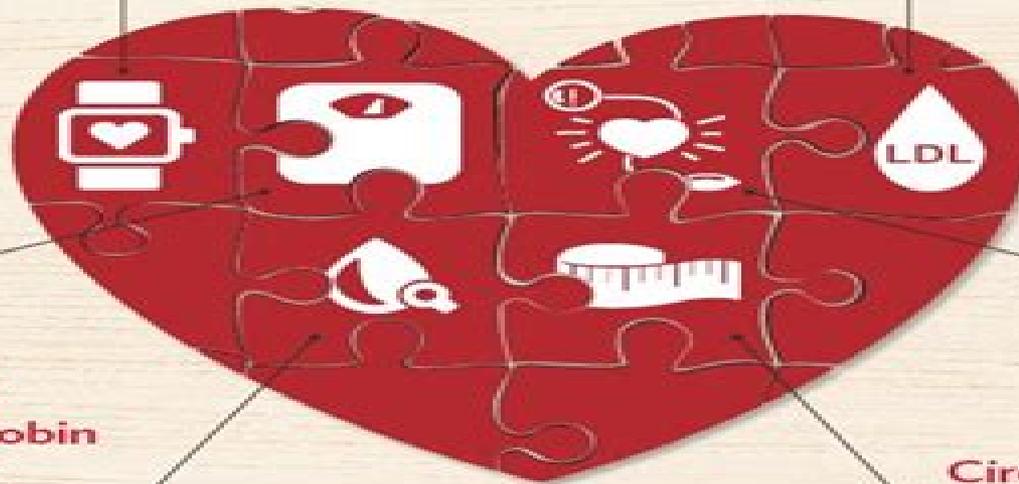
2  
LDL or "bad  
cholesterol"

3  
Body  
Mass  
Index

4  
Systolic  
Blood  
Pressure

5  
Hemoglobin  
A1c

6  
Waist  
Circumference



UnityPoint Health

# Health And Numbers

**J Spring**



## **Health And Numbers:**

Delve into the emotional tapestry woven by Crafted by in Experience **Health And Numbers** . This ebook, available for download in a PDF format ( Download in PDF: \*), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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