

**Cardiovascular Disease (CVD)
Member Education and Support Program
Personal Health Record**

MESSA's Cardiovascular Education and Support Program provides valuable information and resources about cardiovascular disease. Learn more about enrolling in the program, MESSA's health coverage, and possible testing or treatment options by calling 800.336.0022, prompt 3. Use the following chart to record your diagnostic results and progress.

	Goal	Date:	Date:	Date:	Date:	Date:
Weight						
BMI	18.5 - 24.9					
Waist Circumference	Men: ≤ 40 in.					
	Women: ≤ 35 in.					
Blood Pressure (BP)	< 130 / 80					
Diagnostic Tests						
Lipid Panel						
■ Total Cholesterol	< 200					
■ LDL	< 100					
■ HDL : Men	> 40					
■ HDL : Women	> 50					
■ Triglycerides	< 150					
■ Cholesterol / HDL Ratio	3:5 - 5:1					
Fasting Blood Sugar	Annually					
Potassium	Annually					
Calcium	Annually					
Creatinine	Annually					
ALT	Annually					
AST	Annually					
CPK	Annually					
Glomular Filtration Rate	Annually					
HbA1c						
Urinalysis	Annually					
Microalbumin	Annually					
Hs-CRP	Annually					
Stress Test	Annually					
EKG						
Vaccines						
Flu Shot	Annually					
Adult Vaccines	Annually					
Medication Review						
Dental Exam	Annually					