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.

<table>
<thead>
<tr>
<th>Weight</th>
<th>Goal</th>
<th>Date:</th>
<th>Date:</th>
<th>Date:</th>
<th>Date:</th>
<th>Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BMI</strong></td>
<td>18.5 - 24.9</td>
<td></td>
<td></td>
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<tr>
<td><strong>Waist Circumference</strong></td>
<td></td>
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<tr>
<td>Men:</td>
<td>&lt; 40 in.</td>
<td></td>
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<tr>
<td>Women:</td>
<td>≤ 35 in.</td>
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<td></td>
</tr>
<tr>
<td><strong>Blood Pressure (BP)</strong></td>
<td>&lt; 130 / 80</td>
<td></td>
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</tr>
</tbody>
</table>

### 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