

# Know Your Numbers



# 1 in 3

adults in the United States  
has high blood pressure

**Know Your Numbers** is a biometric screening program that gives employees access to educational, confidential, and professional advice by our certified health coaches and nurses. Employees learn what their numbers mean, why they should keep track of them, and what they can do to plan for a healthy future.

- Educational program
- Blood pressure, cholesterol, and blood sugar are measured
- Health coaching, educational materials, promotional poster provided
- Post-program survey tracks results



Many people don't know their "numbers" or the risks associated with them, such as preventable deaths and diseases. By knowing and understanding their blood pressure and cholesterol levels, your employees can take better control of their health.

According to the Centers for Disease Control and Prevention\*:

- 1 in 3 adults in the United States has high blood pressure (also known as hypertension), and less than half of those have it under control
- Every 39 seconds, an adult dies from heart attack, stroke, or other cardiovascular disease
- Of the 800,000+ victims of heart disease, stroke, and other cardiovascular diseases, 150,000 are younger than age 65

[bsneny.com/partnerinhealth](https://bsneny.com/partnerinhealth)

\* [cdc.gov/bloodpressure](https://cdc.gov/bloodpressure)

[cdc.gov/heartdisease/facts.htm](https://cdc.gov/heartdisease/facts.htm)