

Live Healthy!



Your health dashboard.



Most cars have an indicator to signal it is due for a service.

Do we?

These materials are intended for informational purposes only, and not as a substitute for professional medical advice. Always seek the advice of a qualified health provider for a medical diagnosis and before starting or changing any course of treatment.

Just how healthy are you?

The following health measures can give a good indication of how healthy you are and whether there are areas that require attention:

Blood Pressure is the level of pressure that the blood exerts against the walls of the arteries as it passes through them. It is a good indicator of "heart health". Hypertension or high blood pressure can indicate risk for heart or kidney failure, aneurysms or hardening of the arteries - even if you have no symptoms. Ideal blood pressure is lower than 120/80.

Blood glucose is the level of glucose in your blood. Glucose is the body's main source of energy. However, high levels of glucose indicates diabetes and if left uncontrolled can lead to a host of problems. Keeping blood sugar levels normal (fasting sugar < 110 mg/dL and post meal glucose < 140 mg/dL) is an effective way to prevent complications.

HbA1c is a test that measures the amount of glycosylated hemoglobin in your blood. Glycosylated hemoglobin is a molecule in red blood cells that attaches to glucose (blood sugar). You have more glycosylated hemoglobin if you have more glucose in your blood. The test gives a good estimate of how well blood sugar is being maintained over a 2 - 3 month period. Ideal HbA1c should be < 6%.

Cholesterol is a sterol (a combination steroid hormones and bile acids). It is an essential constituent of cell membrane. However high levels of cholesterol are known to cause heart, vascular and kidney diseases. Ideal Total cholesterol level is < 200.



There are two types of cholesterol. HDL or good cholesterol protects against heart diseases and a low level of HDL (<40 mg/dl in men and <50 mg/dl in women) increases risk of heart diseases. Low density lipoprotein (LDL) also known as bad cholesterol increases risk of heart disease and low levels of LDL (< 100) are thought to protect against heart problems.

Body Mass Index (BMI): BMI is a reliable measure of body fat based on your height in relation to weight. A BMI over 25 indicates overweight and a BMI over 30 indicates obesity. Obesity can lead to high blood pressure, heart and kidney problems.

Waist size: In men, the ideal waist size is less than 37 inches and the optimal Waist to Hip Ratio (WHR) is around 0.90. Men in this range have been shown to be healthier and have less incidence of diabetes, heart disease and some types of cancer. In women, the ideal waist size is less than 32 inches and the optimal WHR is around 0.70. Women in this range have been shown to be healthier, have optimal levels of estrogen and are less susceptible to diseases like diabetes, heart disorders and ovarian cancer.

	Ideal	My values as on _ / _ / _
Blood Pressure	< 120 / 80	
Blood Glucose		
Fasting	< 110	
Post Meal	< 140	
Hb1Ac	< 6%	
Cholesterol	< 200	
LDL	< 110	
HDL	< 40	
BMI	18-25	
Waist Size	< 37 for men & < 32 for women	



Health Support Systems (HSS) helps people who are living with diabetes, obesity, hypertension or heart disease better manage their conditions through a combination of online self-monitoring tools, education and qualitative analysis, while reducing cost for care givers, employers and insurance providers.