

## My Biometric Numbers

It's easy! Print. Save. Record Online.

Here are the biometric numbers you will need to fill in online during the 2018 Wellbeing Assessment this September through Virgin Pulse.

Height (inches)

Total Cholesterol (mg/dl)

Weight (pounds)

Triglycerides (mg/dl)

Waist (inches)

HDL (mg/dl)

Blood Pressure – Systolic (mm Hg)

LDL (mg/dl)

Blood Pressure- Diastolic (mm Hg)

Total Cholesterol/HDL Ratio

Glucose (mg/dl)