UnitedHealthcare®

A UnitedHealth Group Company

M.D. IPA℠ OPTIMUM CHOICE® MAMSI® LIFE AND HEALTH INSURANCE COMPANY ALLIANCE PPO℠

Heart Health

Monitor Your Progress

To keep track of your progress toward a healthier heart, ask your health care practitioner to help you fill in the values for the risk measures listed below. Be sure to update your values at each office visit, and don't forget to record the date.

Date Tested	Blood Pressure	LDL (bad) Cholesterol	HDL (good) Cholesterol	Total Cholesterol	Weight	BMI	Blood Glucose	* A1C

*For people with Diabetes