Know Your Numbers

Know Your Numbers is a worksite biometric screening program offered to help UC Davis staff and faculty identify modifiable risk factors of cardiovascular disease (CVD), such as high body mass index (BMI), diabetes hypertension, high total cholesterol, high low-density lipoprotein (LDL) cholesterol, and more. By identifying modifiable risk factors, the goals of Know Your Numbers are to help individuals prevent CVD and CVD risks, manage already existing CVD risk conditions, and encourage healthy lifestyle choices and behaviors.

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Source URL (modified on 12/10/19 11:17am): https://safetyservices.ucdavis.edu/article/know-your-numbers