



GOOD's **DIY Health Check Up**



THINGS TO TRACK

1

YOUR PULSE: _____



RESTING PULSE: Count your pulse for 10 seconds and multiply by six.

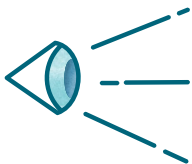
EXERCISE PULSE: One minute of high knees should do the trick.

NOTE: Don't take your pulse with your thumb. If your pulse feels irregular. You should contact your doctor because you might have atrial fibrillation.

2

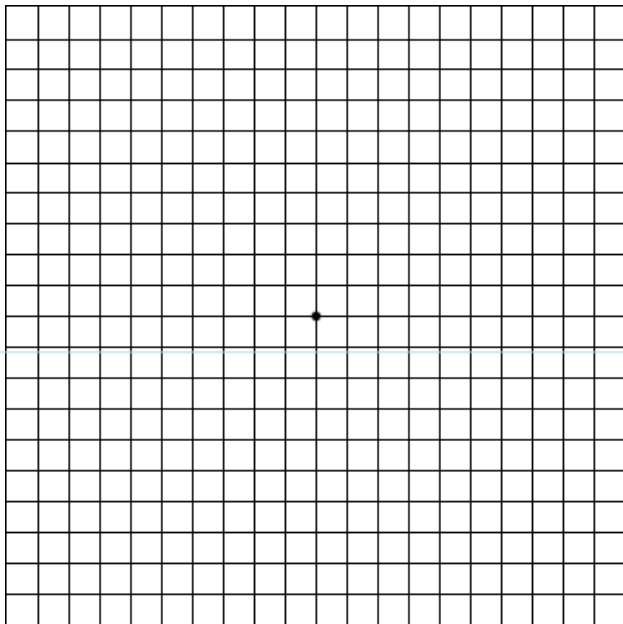
YOUR EYESIGHT: _____

Your eyes are important and pretty sensitive, so leave the vision exam to the professionals, where they can check distance, peripheral and other important things.



TRACK CHANGES AT HOME BY CHECKING THE AMSLER GRID:

View the image with each eye; wavy lines could be signs of macular degeneration.



3

YOUR TEMPERATURE: _____



If you don't have a thermometer, you should get one.

NOTE: A healthy range is between 97 and 99 degrees. Over 100.5, you are running a fever.

4

BMI (Body mass index): _____

Body Mass Index: There's some give and take here, but it's good to know if you might be too high or low.

HERE'S THE FORMULA:

$weight (lb) / [height (in)]^2 \times 703$ or $weight (kg) / [height (m)]^2$

UNDERWEIGHT= <18.5

NORMAL WEIGHT= 18.5–24.9

OVERWEIGHT= 25–29.9

5

YOUR BLOOD PRESSURE

SYSTOLIC= _____ DIASTOLIC= _____



Go to your local pharmacy or grocery store with a blood pressure machine, or purchase one so you can more accurately track it at home.

NOTE: Make sure you take a few minutes to relax before you take your pressure and ask your doctor about your healthy range.

6

YOUR HEARING



US CALL: 1-800-222-EARS between Monday and Friday from 9 am to 5 pm ET.

UK CALL: 0844-800-3838

AUSTRALIA: 1800-826-500

1

KNOW YOUR MOLES



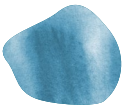
ASYMMETRY:
Benign moles are symmetrical.



BORDER:
Melanoma lesions usually have irregular borders that are difficult to define.



COLOR:
If there is more than one color - or uneven distribution of color - you should get it checked out; benign moles are usually a single shade of brown or tan.



DIAMETER:
If it's over six millimeters in diameter (approximately the size of a pencil eraser), it's worth getting it checked out.



EVOLVING:
If a mole has gone through recent changes in color and/or size, get it checked out immediately.

2

YOUR BREASTS (even if you're a guy), ARMPITS, AND NECK

Gently press down using the front of your fingers to see if you can feel a lump. (Keep all of your fingers together, not spread apart.)

NOTE: *Lumps are not usually squishy, soft, fleshy material, but rock hard. No matter the size, any lump that is hard should be checked by a doctor.*

3

YOUR FEET AND ARCHES

How your foot hits the ground when you walk/run can affect your knees, hips, back, and neck.

Figure out if your feet need some support by getting each foot slightly wet and then stepping on a brown paper bag. The imprint should give you a sense of how high your arch is:



NORMAL (MEDIUM) ARCH:
You've got normal pronation, which means you absorb shock well when walking/running.



FLAT (LOW) ARCH:
This means that after you step, your arch collapses inward too much, resulting in excessive foot motion and increasing your risk of injuries (especially in your ankles and legs).



HIGH ARCH:
This means you're likely an underpronator, or supinator, which can result in too much shock traveling up your legs, since your arch doesn't collapse enough to absorb it.

4

YOUR BLOOD TYPE: _____



Three simple ways to either ask someone or figure it out yourself:

- Ask your primary care physician
- Donate blood, and ask them while you're there
- Buy a blood type testing kit