

Cholesterol

Preferred plus nontobacco criteria:

Up to age 69

Treated and untreated findings:
Cholesterol/HDL ratio ≤5.0.

Age 70 and up

Treated and untreated findings:
Cholesterol/HDL ratio ≤5.5.

Total cholesterol (mg/dL)	Cholesterol/HDL ratio					
	Up to 4.0	4.1 to 4.9	5.0 to 5.8	5.9 to 7.0	7.1 to 8.9	9.0 to 10.9
Up to 250	STD	STD	STD	STD	125%	150%
251 to 300	STD	STD	STD	STD	125%	175%
301 to 350	STD	125%	125%	125%	150%	200%
351 to 400	125%	125%	150%	150%	175%	250%

Minimum untreated cholesterol reading is 100. Maximum cholesterol is 300.

Blood pressure

Preferred plus nontobacco criteria:

Up to age 69

- No hypertension with a 12-month average of 135/85 or lower
- Treated hypertension with a 12-month average of 130/80 or lower

Age 70 and up

- No hypertension with a 12-month average of 135/85 or lower
- Treated hypertension with a 12-month average of 130/80 or lower

	Male/female ages 15–45				
	STD	150%	175%	200%	225%
Diastolic	Systolic				
<86	160	170	175	180	185
86 to 90	155	165	170	175	180
91 to 95	145	160	165	170	175
96 to 100	N/A	145	160	165	175
101 to 105	N/A	N/A	N/A	155	165

	Male/female ages 46–54				
	STD	150%	175%	200%	225%
Diastolic	Systolic				
<86	165	175	180	185	190
86 to 90	165	170	180	185	190
91 to 95	160	170	175	180	185
96 to 100	N/A	155	170	175	180
101 to 105	N/A	N/A	150	165	175

	Male/female ages 55–60				
	STD	150%	175%	200%	225%
Diastolic	Systolic				
<86	170	180	185	190	N/A
86 to 90	170	175	180	190	N/A
91 to 95	165	175	180	185	190
96 to 100	155	170	175	180	185
101 to 105	N/A	N/A	155	175	185

	Male/female age 61 and up				
	STD	150%	175%	200%	225%
Diastolic	Systolic				
<86	180	185	190	195	N/A
86 to 90	175	180	185	190	195
91 to 95	170	180	185	190	195
96 to 100	165	175	180	185	190
101 to 105	N/A	165	180	185	190