



KNOW YOUR NUMBERS

Start 2026 Strong.



Dear Member,

A new year is more than a fresh calendar, it's a chance to reset, refocus, and take control of your health.

As we kickstart 2026, we invite you to begin with one powerful step: knowing your numbers. Your blood pressure, blood sugar, cholesterol and body mass index (BMI) tell an important story about your current health, and more importantly, what you can do to protect your future.

That's why Alliance-Midmed encourages all members to complete their **annual Health Risk Assessment (HRA)** at our Family Wellness Centre (FWC).

WHY "KNOW YOUR NUMBERS" MATTERS

Many serious health conditions don't start with symptoms. They start quietly, with numbers slowly moving out of range.

Tracking your key health indicators helps you:

- Detect risks early
- Prevent long-term complications
- Make informed lifestyle and treatment choices
- Stay productive, active and in control

Knowing your numbers isn't about fear. It's about **foresight**.



YOUR ANNUAL HEALTH RISK ASSESSMENT (HRA)

Your best start to 2026

Your HRA at the FWC is a free, comprehensive health check-in that gives you a clear snapshot of your current health status.

It's designed to help you understand:

- Where your numbers are today
- What they mean for your overall risk profile
- What actions you can take next

This assessment forms the foundation of your personal health journey for the year ahead.



WHERE TO GET CHECKED

Alliance-Midmed Family Wellness Centre (FWC)

Not living in Middleburg? You can also visit a participating community pharmacy clinic for your screening.

MAKE 2026 A YEAR OF INTENTIONAL HEALTH

You don't need extreme resolutions. You need clarity. And clarity starts with knowing your numbers.

- Book your free Health Risk Assessment
- Track your results
- Take control of your health journey for 2026

Your health is your most valuable asset. Start the year informed.

Warm regards,
The Alliance-Midmed Team

THE FOUR NUMBERS THAT MATTER MOST



1. BLOOD PRESSURE

Healthy: $\leq 120/80$ mmHg

See a doctor:
 $\geq 140/90$ mmHg or $\leq 90/60$ mmHg
Uncontrolled blood pressure increases the risk of heart disease, stroke and kidney problems.



2. BLOOD SUGAR

Healthy: ≤ 5.5 mmol/L

Prediabetic: 5.6 – 6.9 mmol/L

Diabetic: ≥ 7 mmol/L
High blood sugar can quietly damage vital organs if left unmanaged.



3. CHOLESTEROL

Healthy: ≤ 5.17 mmol/L

See a doctor:
 ≥ 5.2 mmol/L
Elevated cholesterol raises the risk of heart attacks and strokes.



4. BODY MASS INDEX (BMI)

Healthy: 18.5 – 24.9

See a doctor: ≥ 30
Excess weight places strain on the heart, joints and metabolic system.

FROM NUMBERS TO ACTION

Your numbers are not labels, they are **signals**.

Once you know them, you can:

- Adjust your nutrition with professional guidance
- Increase physical activity safely
- Review medication where needed
- Make small, sustainable lifestyle changes

Even modest improvements can lead to meaningful health gains over time.



Call 0860 002 101, choose **Option 3**, and book your appointment today.