

Treat to Target: Physical Health Measures

Measure	Value	Condition
BMI	> 25	Overweight
	> 30	Obese
Blood Pressure	> 130/80	Hypertension/High Blood Pressure
	> 180/120	Hypertensive crisis (see MD or ER immediately)
HbA1c	> 5.7	Prediabetes
	> 6.5	Diabetes
Lipids (LDL)	> 190	Hyperlipidemia/ High Cholesterol