



Metabolic Syndrome

Do you know

Nearly 3 out of every 10 people aged 20 and above have metabolic syndrome.

How many criteria do you meet?

5 items in the health examination report

Meeting 3 or more criteria is classified as metabolic syndrome.

- Excessive waist circumference
- Elevated fasting blood glucose
- Hypertension
- Elevated triglyceride
- Low HDL

We invite those aged 20 to 69 to **stay away from metabolic syndrome.**

Individuals with **metabolic syndrome or prediabetes**

Confirm test results within the past 90 days

Enrollment

Follow up

Periodic evaluation



Through health management and lifestyle modifications, the risk of chronic diseases can be effectively reduced.