

Controlling Your CHOLESTEROL



Understanding Cholesterol

Cholesterol is a waxy, fat-like substance made by the liver and is essential for good health. It comes from two sources: **FOOD** and your **BODY**.

It travels through the blood on proteins through two lipoproteins, **LDL** and **HDL**, which carry cholesterol throughout the body.

HDL = GOOD

High-density lipoprotein is known as “good” cholesterol.

LDL = BAD

Low-density lipoprotein is known as “bad” cholesterol.

HDL prevents LDL from adhering to the inner walls of arteries and minimizes the accumulation of plaque, ultimately reducing the likelihood of developing heart disease and experiencing a stroke.

Tracking Your Cholesterol Levels

TRIGLYCERIDES

Are the most common type of fat in the body.

TOTAL CHOLESTEROL

$\text{HDL level} + \text{LDL level} + \frac{1}{5}\text{th of triglyceride level} = \text{total cholesterol level}$

Talk to your provider about tracking your blood cholesterol and help you understand what the levels mean in context of your overall heart health.

Tips For Success

Eat Smart



Eat a healthy diet and limit saturated fats, sugar, salt, red or processed meat, refined carbohydrates and highly processed foods.

Be Active



Physical activity can help improve cholesterol levels.

No Smoking



Smoking lowers good HDL cholesterol and can raise your risk of heart disease.

Contact a customer service representative at 1-877-402-4221 or visit our FAQs for additional information or assistance.