

Managing Your Cholesterol



Cholesterol

According to the American Heart Association, heart disease is the number one killer of men and women in the U.S.

One of the risk factors for heart disease is an elevated cholesterol level. You can help to reduce your risk for heart disease by lowering your cholesterol level.

Keeping your cholesterol under control:

- Schedule a screening to have your cholesterol checked
- Eat foods lower in cholesterol and saturated fat
- Maintain a healthy weight
- Exercise regularly
- Follow your doctor's advice

For more information, visit www.myallonehealth.com or call **1.866.430.2551** or (TTY) **1.877.720.7771**, weekdays, between 8 a.m. and 8 p.m. EST.

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