

Know Your Numbers



Cholesterol

You should have your cholesterol tested regularly

Check with your doctor about how often you should be tested. Cholesterol testing is a blood test that usually requires you to fast (not eat) before the test. You will receive your results in a few days after your test from your doctor.

Your cholesterol test will give you your total cholesterol, high-density lipoprotein (HDL) and low-density lipoprotein (LDL).

Take control. Know your numbers and know your risk.

	Desirable	Borderline High	High
Total Cholesterol	Less than 200	200–239	240 and higher
LDL Cholesterol (the “bad” cholesterol)	Less than 130	130–159	160 and higher
HDL Cholesterol (the “good” cholesterol)	50 and higher	40–49	Less than 40
Triglycerides	Less than 200	200–399	400 and higher

Source: National Cholesterol Education Program Cholesterol Guidelines

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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