



BlueCross BlueShield  
of Illinois



Taking a gamble with your cholesterol?  
**You may get an unlucky number**

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company,  
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Keeping your blood cholesterol level under control is a major factor in helping reduce your risk of heart disease. That's why it's important to know your cholesterol number.

Lifestyle changes — like healthy eating, regular exercise and not smoking — are your first course of action to get your cholesterol level where it should be. Sometimes lifestyle changes aren't enough, and cholesterol-lowering medications are prescribed.

### **Your cholesterol level is considered high if:**

- Total cholesterol is equal to or higher than 240\*
- High-density lipoprotein (HDL) cholesterol is less than 40\*

There are many public cholesterol screenings available. Always make sure a reputable company does the screening and that you share the screening results with your health care professional. You should have your baseline cholesterol tested when you're in your 20s. If your level is desirable, then you may have your cholesterol checked every five years. If not, your physician may advise more frequent testing.

Don't play the numbers game. With smart lifestyle habits and regular screenings, the odds are good that healthy cholesterol will win out.

**Check your benefits booklet to determine if your health plan coverage pays for these types of screenings.**