

Set your heart on lower cholesterol



Lowering your number can reduce heart attack risk

A major contributor to these statistics is high cholesterol, which is measured as total cholesterol of 200 mg/dL or higher.*

To control your cholesterol:

- Get a cholesterol screening
- Eat foods low in saturated fat and cholesterol
- Maintain a healthy weight
- Exercise regularly
- Follow your physician's recommendations

Take lower cholesterol to heart by making positive lifestyle changes now to reduce your risk of heart disease.



**BlueCross BlueShield
of Illinois**

Did you know that heart disease, the nation's number one killer, claims a life every 34 seconds?*

*Source: American Heart Association

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