



Is your number up?



**BlueCross BlueShield
of Illinois**

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

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About half of American adults have unhealthy blood cholesterol levels. Lifestyle changes are your first course of action to improve your blood cholesterol levels. **Some important steps you can take include:**

- Limit total fat to no more than 30 percent of total daily calories
- Control dietary cholesterol
- Eat foods with soluble fiber
- Include more fish in your diet
- Exercise for 30 to 45 minutes at least three times a week
- Avoid smoking

Find out what your cholesterol number is, and then log on to Blue Access® for Members and learn how to keep that number in check.

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