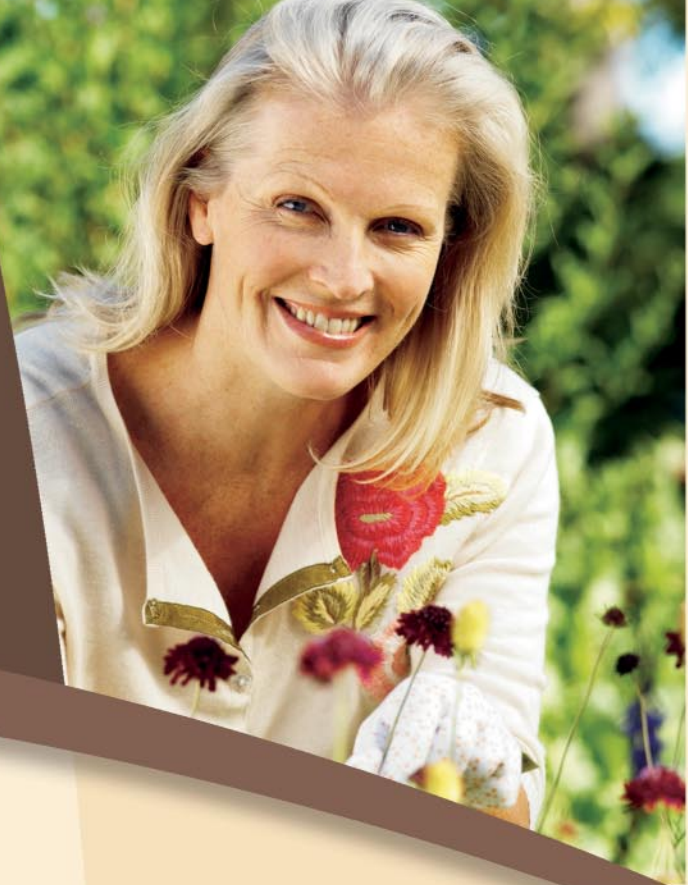


# Set your heart on lower cholesterol



## 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.



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



**BlueCross BlueShield  
of Texas**

\*Source: American Heart Association

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