



# What goes up must come down



BlueCross BlueShield  
of Texas



**TRS-ActiveCare**

TEACHER RETIREMENT SYSTEM OF TEXAS

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## If your cholesterol is elevated, you could be at risk for developing heart disease.\*

It's considered high if total cholesterol is equal to or greater than 240, and/or high density lipoprotein is less than 40.\* Healthy eating, regular exercise and not smoking are good strategies to keep your cholesterol at a healthy level. Sometimes these measures aren't enough, and cholesterol-lowering medication is prescribed.

The only way to know your cholesterol level is to have a screening blood test. Get your cholesterol tested by scheduling an appointment at your physician's office, or find out about public screenings that reputable companies are offering in your area.

By scheduling regular screenings, you'll have the lowdown on your cholesterol number.

**Check your benefits booklet to determine if your health plan coverage pays for this type of screening.**

*\*American Heart Association*