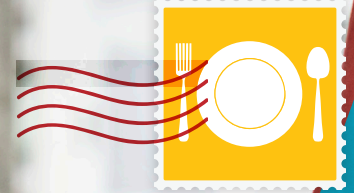


TRS-ActiveCare

MANAGE YOUR CHOLESTEROL



Tune in to the Blue Cross and Blue Shield of Texas (BCBSTX) worksite wellness podcast for a short episode about managing your cholesterol. We'll cover:

- what cholesterol is and does
- different types of cholesterol
- why it's important to test your cholesterol levels
- ways to manage your cholesterol levels



Listen to the podcast at your convenience!

Click on the link below or scan the QR Code:

BCBSTX Managing Your Cholesterol



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