



TRS-ActiveCare MANAGING YOUR CHOLESTEROL

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

- the difference between good and bad cholesterol
- what your numbers should be
- ways to lower your cholesterol



Listen to the podcast at your convenience!

Click on the link below or scan the QR Code:

Managing Your Cholesterol



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