



Know your numbers

Cholesterol: Good, bad, or in-between?

Cholesterol is a fatty substance made by your liver. It’s also found in foods such as meat, eggs, and dairy products.

Your body needs a certain amount of cholesterol to function properly. But when too much is present, it can lead to health problems, such as heart disease and stroke.

What are recommended cholesterol levels?

Total Cholesterol	200 or less
LDL (so-called “bad” cholesterol)	100 or lower
HDL (the “good” kind)	50 or higher for women 40 or higher for men
Triglyceride	Lower than 150

How can I improve my cholesterol levels?

Many factors can affect cholesterol, including weight, eating habits, activity level, and lifestyle. You can control most of these things, and small changes can make a big difference. Age and heredity also play a part, and it’s possible you may benefit from cholesterol-lowering medication.

You’ll want to schedule your annual wellness visit with your doctor—it’s a benefit included in your plan—and talk about your cholesterol levels.

Remember, cholesterol levels are just one measurement to watch, along with blood pressure, body mass index, hemoglobin A1C (for people with diabetes), and others.

For more information, visit the American Heart Association’s Cholesterol page: heart.org/cholesterol.

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