

DO YOU HAVE HIGH CHOLESTEROL?

High cholesterol is a major risk factor for heart disease, the leading killer of men and women in the United States.

Many adults have blood cholesterol levels that are high or borderline high. However, screening can identify high cholesterol, so people can seek treatment to reduce risk of disease.

If you have high cholesterol:

- Talk to your doctor about a treatment plan to lower your cholesterol. This will include lifestyle changes and possibly medication.
- With your doctor's guidance, adopt healthier behaviors and habits to lower your risk of disease. These include achieving and maintaining a healthy weight, increasing physical activity, eating nutritiously, eliminating tobacco use, and lowering blood pressure.

Avoid high cholesterol by adopting healthy habits now, including eating well, exercising regularly, avoiding tobacco and maintaining a healthy weight.



INTEGRITY CONSULTING GROUP

Employee Benefits Specialists

Provided by:

Integrity Consulting Group

104 Interchange Plaza, Suite 202

Monroe Township, New Jersey 08831

Tel: (856) 737-4313