

## KNOW YOUR NUMBERS.

## KNOW YOUR HEALTH.

### Cholesterol



#### Your body makes two types of cholesterol

- › HDL, or “good cholesterol.” Protects against artery blockages that can lead to heart disease.
- › LDL, or “bad cholesterol.” More likely to clog arteries and cause heart disease.

A total cholesterol number of less than 200 mg/dl is preferred.<sup>1</sup> If your number is higher, talk with your doctor about ways to lower it.

Your doctor will look at your levels and risk factors. Then, he or she will decide how to best manage your cholesterol. This may include lifestyle changes. Or, in some cases, cholesterol-lowering statin drugs.

#### Reduce your risk, manage your cholesterol

- › Limit saturated fats in your diet. These fats are mostly from animal sources like fatty meats, high-fat dairy products and lard. They are also typically solid at room temperature.<sup>2</sup>
- › Avoid trans fat as no amount is healthy. Trans fats are found in fried foods, baked goods (cakes, pie crusts, frozen pizza, cookies, etc.) and stick margarines.<sup>3</sup>
- › Eat a heart-healthy diet that is rich in fruits, vegetables, whole grains, fish and low-fat or nonfat dairy foods.<sup>4</sup>
- › Enjoy foods like oatmeal, apples, prunes and beans that are high in soluble fiber, which keep the body from absorbing cholesterol.<sup>3</sup>
- › Limit foods and drinks with lots of added sugar.<sup>2</sup>
- › Use healthier oils, such as olive, canola and safflower, in cooking and salad dressings.<sup>4</sup> Avoid fried foods.
- › Keep a healthy body weight.<sup>3</sup>
- › Get active. Aim for at least 30 minutes of moderate to vigorous activity, five days a week.<sup>5</sup>
- › If you smoke, quit.

**Together, all the way.**<sup>®</sup>



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1. Centers for Disease Control and Prevention. “Cholesterol Fact Sheet.” [http://www.cdc.gov/dhdsp/data\\_statistics/fact\\_sheets/fs\\_cholesterol.htm](http://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_cholesterol.htm) (accessed January 25, 2016).

2. American Heart Association. “Saturated Fats.” [http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Saturated-Fats\\_UCM\\_301110\\_Article.jsp](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Saturated-Fats_UCM_301110_Article.jsp) (accessed February 2, 2016).

3. WebMD. “11 Tips to Cut Your Cholesterol Fast.” <http://www.webmd.com/cholesterol-management/features/11-tips-to-cut-your-cholesterol-fast?page=2> (accessed February 1, 2016).

4. American Heart Association. “Cooking for Lower Cholesterol.” [http://www.heart.org/HEARTORG/Conditions/Cholesterol/PreventionTreatmentofHighCholesterol/Cooking-for-Lower Cholesterol\\_UCM\\_305630\\_Article.jsp](http://www.heart.org/HEARTORG/Conditions/Cholesterol/PreventionTreatmentofHighCholesterol/Cooking-for-Lower Cholesterol_UCM_305630_Article.jsp) (accessed February 2, 2016).

5. Centers for Disease Control and Prevention. “How much physical activity do adults need?” <http://www.cdc.gov/physicalactivity/basics/adults/index.htm> (accessed January 25, 2016).

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice before undertaking a new diet or exercise program.

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