

How low can you go?



Know your total cholesterol level

Desirable: <200 mg/dL (including HDL of 60 mg/dL or higher)

Borderline: 200–239 mg/dL

High: 240 mg/dL or higher

Your doctor can tell you what your total cholesterol number is, as well as your HDL, LDL and triglycerides.

Need a recipe to help lower total cholesterol?

Start by eating more fruits, vegetables, whole grains and other foods low in saturated fat. It's a healthful (and tasty) way to help lower your bad cholesterol and raise your good cholesterol. Mix well with about 30-60 minutes of physical activity most days of the week and you have a recipe for a healthier heart. Talk to your doctor about your current HDL ("good") and LDL ("bad") cholesterol levels and how often they should be checked. And if your doctor prescribes you cholesterol-lowering medication, take it as directed. **That's time well spent.**

Visit [anthem.com](https://www.anthem.com) for more information about cholesterol and heart health.

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Source: Aldana, Steven G., Ph.D., 2005, The Culprit & The Cure: How lifestyle is the culprit behind America's poor health and how transforming that lifestyle can be the cure, Mapleton, Utah, Maple Mountain Press. | U.S. Department of Health and Human Services, Public Health Service, National Institutes of Health, National Heart, Lung, and Blood Institute, NIH Publication No. 05-3290, Originally printed May 2001, Revised June 2005. This information is intended for educational purposes only, and should not be interpreted as medical advice. Please consult your physician for advice about changes that may affect your health. Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. In Connecticut: Anthem Health Plans, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In most of Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. In Ohio: Community Insurance Company. In most of Virginia (serving Virginia excluding the city of Fairfax, the town of Vienna and the area east of State Route 123.): Anthem Health Plans of Virginia, Inc. In Wisconsin: Blue Cross Blue Shield of Wisconsin ("BCBSWI") underwrites or administers the PPO and indemnity policies; CompCare Health Services Insurance Corporation ("CompCare") underwrites or administers the HMO policies; and CompCare and BCBSWI collectively underwrite or administer the PDS policies. Independent licensees of the Blue Cross Blue Shield Association. ® ANTHEM is a registered trademark. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.