

Cholesterol

Staying Healthy

Do you have questions?

Call our 24-hour Nurse Advice Line.

We are here to help you.



English:

(888) 275-8750

Español:

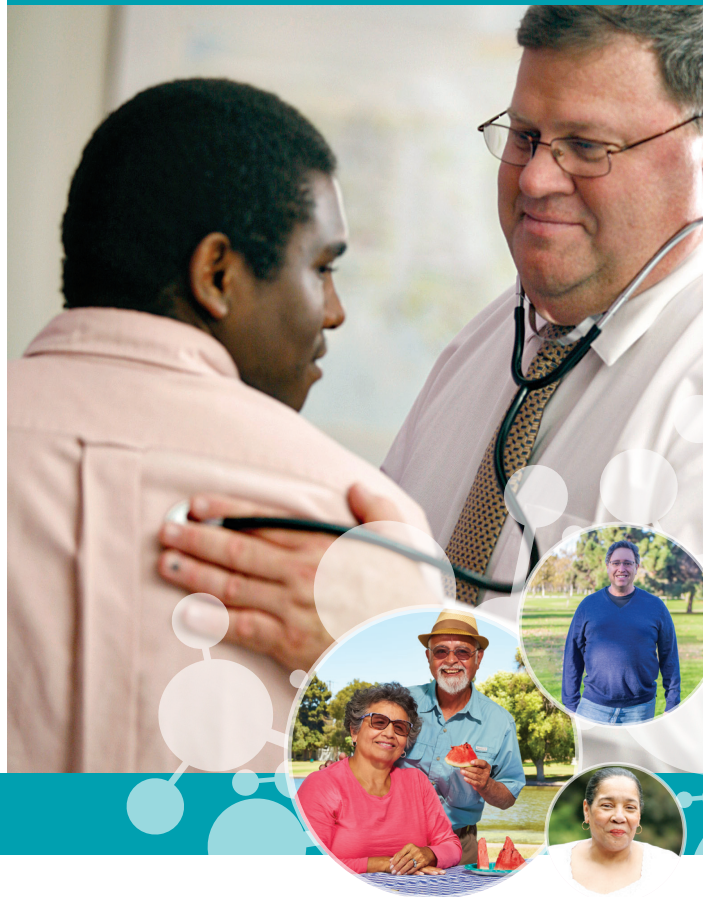
(866) 648-3537

TTY/TDD:

711

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To get this information in other languages and accessible formats, please call Member Services. This number is on the back of your Member ID card.



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Your Extended Family.



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What is **cholesterol**?

Cholesterol is a fat found in your blood. Your blood has two kinds: one is good and the other is not.

Your provider can measure these fats using a simple blood test.

What are the symptoms of **high cholesterol**?

High cholesterol does not have symptoms. You need to check your levels on a regular basis. Ask your provider if your cholesterol levels are in a healthy range.

What can you do to **stay healthy**?

- Exercise regularly.
- Eat a healthy diet. Reduce salt, fatty or greasy foods. Eat vegetables, fruits and lean meats.
- Limit or stop tobacco and alcohol use.
- Lose weight, if needed. Maintain a healthy body weight.

Review your medicines with your provider. Some medicines increase the risk of high cholesterol.

High cholesterol can lead to **major health problems**:

- Heart attack
- Stroke
- Kidney failure
- Vision problems or vision loss

Visit your provider and keep a healthy diet low in fat. This will help lower your risk of having a heart attack or stroke.

