

## Cholesterol

### What you need to know about cholesterol

Having high cholesterol puts you at risk for heart disease. But high cholesterol doesn't cause symptoms. That's why it's important to get your cholesterol levels tested. Cholesterol screening tests are most important for men after age 35 and women after age 45. They are also recommended for any adult who has:

- Diabetes
- A personal or family history of heart disease or cholesterol disorders
- Heart disease risk factors such as high blood pressure or tobacco use

Most adults need to be screened every five years. Your doctor may suggest testing more often. To find out what to expect from a screening test, call **CareWise®**. CareWise nurses are available 24 hours a day, seven days a week to also give you tips for preventing high cholesterol with exercise and good nutrition.

Call **CareWise** toll-free at **1-888-318-9473** now. Or go to [www.eCareWise.com](http://www.eCareWise.com) When you do, ask for the free brochure, "Cholesterol management."