

# 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:

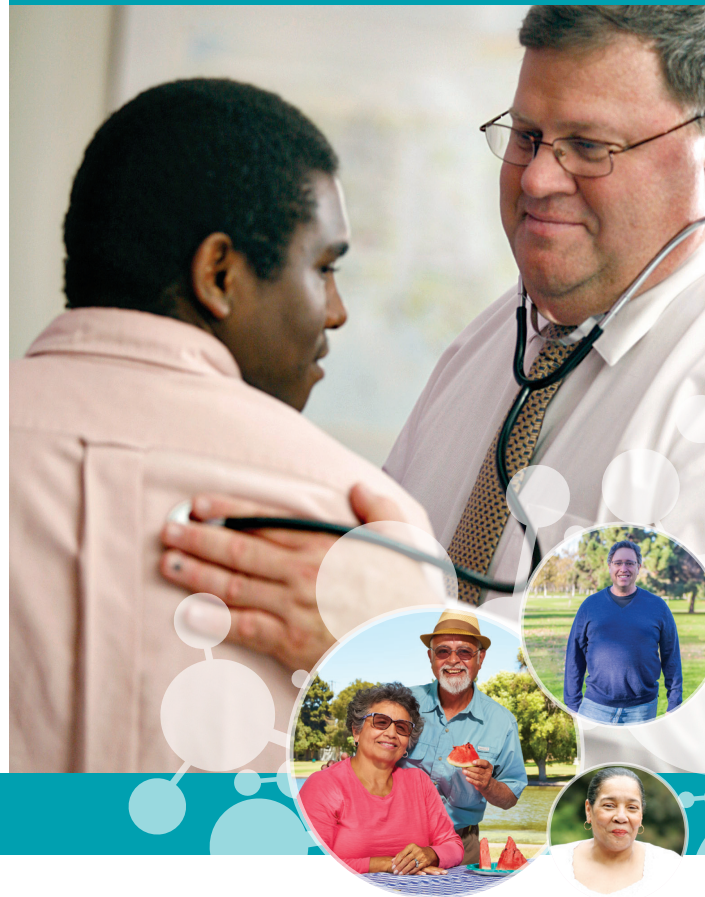
**(866) 648-3537**

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.**

