

# High Cholesterol

## What To Know



**High levels of Cholesterol may create fatty deposits that block blood from flowing freely through your blood vessels. There are measures you can take to improve your cholesterol.**

### Not all Cholesterol is Bad

Blood cholesterol is essential for good health. Your body needs it to perform important jobs, such as making hormones and digesting fatty foods. Cholesterol travels through the blood by attaching to proteins called a lipoproteins. There are two cholesterol types:

- Low-density lipoprotein (LDL) - "Bad": delivers cholesterol to the body and builds up in the walls of your arteries, making them hard and narrow
- High-density lipoprotein (HDL) - "Good": picks up excess cholesterol and takes it back to your liver

High levels of LDL, or "bad" cholesterol, can harm your health and increase the risk of heart disease and stroke, while HDL, or "good" cholesterol, lowers your risk.

### Prevent High Cholesterol

- ✓ Eat a low-salt diet that is high in fruit, vegetables, and whole grains
- ✓ Limit animal fats and use good fats in moderation
- ✓ Exercise on most days of the week for at least 30 minutes
- ✓ Maintain a healthy weight or lose weight if recommended
- ✓ Quit smoking
- ✓ Drink alcohol in moderation, if at all

### Schedule an Appointment

Talk with your doctor about your cholesterol levels. Schedule an in-person or virtual appointment with your doctor. To prepare for your appointment:

- Avoid eating or drinking anything other than water for 9 to 12 hours before your cholesterol blood test for the most accurate results unless otherwise specified
- Make a list of your symptoms and personal information such as family history and any medicine you take

### Optimal Cholesterol Levels\* Measured in mg/dL of blood

Total Cholesterol	About 150
LDL cholesterol	About 100
HDL cholesterol	At least 40 in men and 50 in women

These guidelines are provided by the American Heart Association (AHA) and are not intended to be substituted for advice given by a physician or licensed health-care professional.

Visit [accessrga.com](https://accessrga.com) to log in to your RGA of Idaho account or if you have any questions, contact us by calling the Customer Care number on the back of your Member ID card.

Content sourced from the AHA Prevention and Treatment of High Cholesterol <https://www.heart.org/en/health-topics/cholesterol/prevention-and-treatment-of-high-cholesterol-hyperlipidemia>

\*Source from Center for Disease Control and Prevention Getting your Cholesterol Checked <https://www.cdc.gov/cholesterol/about/index.html>

©2024, Regence Group Administrators of Idaho, Inc. is an Independent Licensee of the Blue Cross and Blue Shield Association.