



the more you know, the better.

## Get your cholesterol checked today.

Getting your cholesterol tested is an important step toward better health. The test involves simple blood work that your doctor can order. Once you know your numbers, you can control or improve your cholesterol. Here's what the test will check for:

Total cholesterol	Lower than 200
LDL (bad cholesterol)	Lower than 100
HDL (good cholesterol)	60 or higher
Triglycerides	Lower than 150

The best levels for adults with heart problems or diabetes.\*

**Call your doctor today to schedule your test. It's the first step to getting your cholesterol in check. For help managing your cholesterol, log in to [myCIGNA.com](http://myCIGNA.com)**

\* National Cholesterol Education Program Expert Panel



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