



Your health. Your partner.SM

A Call to Change ... Solutions for High CholesterolSM

More than half of all Americans have blood cholesterol levels that are too high, and there is a well-established link between high cholesterol and heart disease. The fact that too much cholesterol is bad for your heart is a fact that everyone accepts. What is sometimes less clear is what you can do to manage this condition. HealthPartners' *Managing Your Cholesterol* phone course contains important answers to these questions and can help you choose the path to a healthy heart.

The course is designed to help you manage your cholesterol and improve your overall health. Working one-on-one — at your own pace — you will learn about:

- ✓ High cholesterol and what it means for you and your health
- ✓ Food and activity choices that can lower your cholesterol
- ✓ Medication and its role in managing cholesterol
- ✓ Setting realistic goals to take control and improve your overall health

Here's how it works:

- ◆ You'll talk one-to-one with two counselors — a registered dietitian and a pharmacist — during 20-minute phone calls.
- ◆ You may schedule your phone sessions between 7 a.m. and 10 p.m., CT, Monday through Thursday and between 7 a.m. and 6 p.m., CT, Friday — at home, work or anyplace that's convenient for you.
- ◆ You'll complete workbook activities on your own time that will give you the tools and personal guidance you need to manage your cholesterol.

For more information or to register, please call 952-883-7800, 1-800-311-1052 (outside the Twin Cities metro area) or our TTY line at 952-883-7498.