



Is your number up?



**BlueCross BlueShield
of Oklahoma**

www.bcbsok.com

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

About half of American adults have unhealthy blood cholesterol levels. Lifestyle changes are your first course of action to improve your blood cholesterol levels. **Some important steps you can take include:**

- Limit total fat to no more than 30 percent of total daily calories
- Control dietary cholesterol
- Eat foods with soluble fiber
- Include more fish in your diet
- Exercise for 30 to 45 minutes at least three times a week
- Avoid smoking

Find out what your cholesterol number is, and then log on to Blue Access® for Members and learn how to keep that number in check.

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