"This September we're ready to celebrate National Cholesterol Education Month."

Less cholesterol in your blood means you're more likely to live a long and healthy life. A simple blood test can tell you what you need to know. If your cholesterol is high, you can make changes to decrease it and prevent complications by:

- ☑ knowing your cholesterol numbers
- ☑ taking your medicine regularly
- ☑ getting regular physical exercise
- ☑ maintaining a healthy weight

Live Like Your Life Depends On It.

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