



## Know Your Cholesterol Numbers

What are yours? What should they be?

Did you know that having diabetes puts you at the same risk for having a heart attack and stroke as someone who already had one?  
That's double the risk for someone without diabetes!

**American Diabetes Association recommends the following levels:**

**TOTAL CHOLESTEROL - below 200**

**LDL - below 100**

**HDL - above 40 for men, above 50 for women**

**TRIGLYCERIDES - below 150**

What can you do?

- ✓ Have your levels checked *at least* once a year and ask your doctor for the results. If your numbers are not where they should be, work together to make a treatment plan to improve them:
- ✓ Change your diet
- ✓ Exercise
- ✓ Start cholesterol-lowering medications
- ✓ Quit smoking
- ✓ Keep your blood sugar at target
- ✓ Have follow up visits to re-check your labs every six weeks until you reach the recommended numbers

Call the MVP Diabetes Care Program at 1-866-942-7966 if you have any questions.