



## CRETEX RESOURCES



### Marathon Health ePortal Workshops

All employees & covered spouses have access to free Marathon Health ePortal workshops:

#### Know Your Numbers High Cholesterol

Reminder: employees & covered spouses can earn points for completing these workshops and other Marathon Health workshops as part of the **2021 Be Well Incentive Program**.



### Who Needs to Get Their Cholesterol Checked?

- Most healthy adults should have their cholesterol checked every 4 to 6 years.
- Some people, such as people who have heart disease or diabetes or who have a family history of high cholesterol, need to get their cholesterol checked more often.<sup>3</sup>
- Children and adolescents should have their cholesterol checked at least once between ages 9 and 11 and again between ages 17 and 21.

Talk to your health care team about your health history and how often you need to have your cholesterol checked.

Source: [www.cdc.gov/cholesterol/cholesterol\\_screening.htm](http://www.cdc.gov/cholesterol/cholesterol_screening.htm)

## EXTERNAL RESOURCES

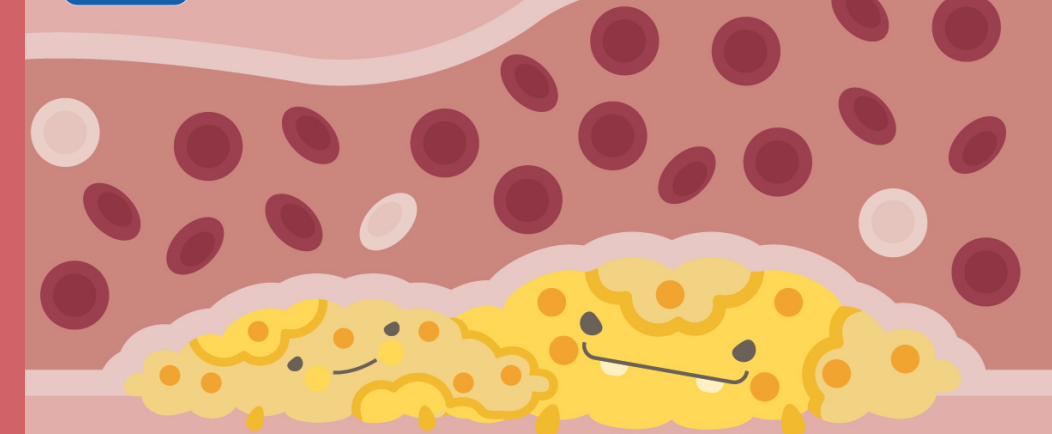


### How to Keep Healthy Cholesterol Levels

- **Choose healthy foods.** Limit foods that are high in saturated or trans fats, sugar, and sodium (salt). Choose foods high in fiber, such as fresh fruits and veggies, and in unsaturated fats, such as avocados and nuts. Learn more about healthy eating [external icon](#).
- **Stay physically active.** You should get at least 2 hours and 30 minutes of moderate exercise, such as biking or brisk walking, every week.<sup>6</sup> Learn more about physical activity [external icon](#).
- **Don't smoke.** Smoking damages the blood vessels and greatly increases the risk for heart disease and stroke. If you don't smoke, don't start. If you smoke, learn how to quit.
- **Take medicine if necessary.** A healthy diet & physical activity can help many people reach healthy cholesterol levels, but some people may need medicines to lower their cholesterol. Always take your medicine as prescribed.

Source: [www.cdc.gov/cholesterol/checked.htm](http://www.cdc.gov/cholesterol/checked.htm)

This image shows how plaque builds up on the walls of blood vessels when we have too much LDL cholesterol.



### Marathon Health Education Session All About Cholesterol

In this session, we will help you understand the difference between LDL and HDL cholesterol and ways to achieve or maintain healthy cholesterol levels.

\*\*\* Don't forget to log in to [my.marathon-health.com](http://my.marathon-health.com) & mark a Marathon Health education session as complete to earn 5 points!\*\*\*

Please scan this QR Code using a smartphone or tablet to easily view this education session.  
You may need a scanning app. If you have an iPhone, then open the camera app and hover it over this QR code.

