



If you have cardiovascular disease and a behavioral health condition, it is important that you monitor your cardiovascular disease regularly. One way to monitor your cardiovascular illness is to get a low-density lipoprotein cholesterol (LDL-C) test at least once a year.

Normal

below 130 mg/dL

Borderline

130-159 mg/dL

High

above 160 mg/dL

To better understand what the LDL-C lab test and what it represents, visit the [Mayo Clinic website](https://www.mayoclinic.org/cholesterol-test/about/pac-20384601) and read the section on cholesterol testing:

[mayoclinic.org/tests-procedures/cholesterol-test/about/pac-20384601](https://www.mayoclinic.org/cholesterol-test/about/pac-20384601)

What is an LDL-C Test?

An LDL-C test measures the amount of “bad” cholesterol in your blood. Too much “bad” cholesterol causes plaque build-up in your arteries (atherosclerosis) which reduces blood flow. The higher your blood cholesterol level, the greater your risk of having a heart attack.

What is my LDL-C goal?

Maintain an LDL-C level **below 130 mg/dL.**

How often should I get my LDL-C checked?

It is recommended that you check it every year, but your doctor may choose to check more or less frequently. Ask your doctor when your next LDL-C test is due and what the results mean.





Things You Can Do To Stay Healthy:

➔ **Take Medication.**

Take all medications for your cardiovascular disease as prescribed by your doctor.

➔ **Quit Smoking.**

Talk to your doctor or behavioral health provider about ways to help you quit. You don't have to do it alone.

➔ **Eat Healthily.**

Choose foods that are low in saturated fat, trans fat, salt, and added sugars.

➔ **Regular Physical Activity**

Talk to your doctor before starting any exercise programs.

➔ **Maintain a Healthy Weight.**

Talk to your doctor about what a healthy weight is for you.

➔ **Limit Alcohol Use.**

➔ **Reduce Stress.**

Resources

Learn about cholesterol testing and prevention:

mayoclinic.org/tests-procedures/cholesterol-test/about/pac-20384601
cdc.gov/cholesterol/prevention.htm

Get assistance to quit smoking:

1-800-QUIT-NOW

smokefreephilly.org

cbhphilly.org/members/member-resources/trwi/

Healthcare Provider Information and Resources

Aetna Better Health

1-866-638-1232

Disease Management:

aetnabetterhealth.com/pennsylvania/health-wellness/disease-management/

Health Partners Plans

1-800-553-0784

Self-Management Tools:

healthpartnersplans.com/health-and-wellness/self-management-tools/

Keystone First

1-800-573-4100

Diabetes Program:

keystonefirstpa.com/member/eng/programs/carecoord/diabetes/index.aspx

AmeriHealth Caritas

Diabetes Program:

1-877-693-8271, Option 2

amerihealthcaritaspa.com/member/eng/programs/carecoord/diabetes/index.aspx

UPMC For You

1-866-778-6073

upmchealthplan.com/medicaid/

PA Health & Wellness

1-844-626-6813

pahealthwellness.com

Disclaimer: The information contained in this tip sheet is for educational and informational purposes only and is not a substitute for professional advice from a physician or other health care provider. The clinical services described in this tip sheet may not be covered for all CBH enrollees. To find out about what services are available to you under your CBH benefit package and how to receive them, please contact CBH Member Services at 1-888-545-2600.

This document was developed in partnership with collaborating providers and the Southeastern Pennsylvania Medicaid MCOs that participate in the HealthChoices and Community HealthChoices programs.

Cardiovascular Monitoring for Members with Behavioral Health Conditions

