



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

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.

To better understand what the LDL-C lab test and what it represents, visit the [Mayo Clinic’s cholesterol testing overview](#).

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.

➔ Stay Physically Active Regularly.

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.

Healthcare Provider Information and Resources

Aetna Better Health
1-866-638-1232

➔ [Guidance and Support](#)

Health Partners Plans
1-800-553-0784

➔ [Self-Management Tools](#)

Keystone First
1-800-573-4100

➔ [Diabetes Program](#)

AmeriHealth Caritas
1-877-693-8271, Option 2

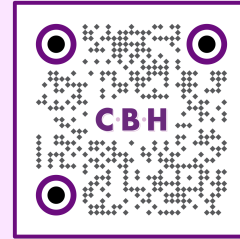
➔ [Diabetes Program](#)

[UPMC For You](#)
1-866-778-6073

[PA Health & Wellness](#)
1-844-626-6813

CBH Website: Pharmacy Education and Resources for Members

Includes medication wallet card, guides, tip sheets, and other valuable tools and resources to get informed about and properly use medications you may be prescribed



SCAN ME!

**Get Assistance to Quit Smoking:**

- ➔ **1.800.QUIT.NOW**
- ➔ **[CBH Website: Tobacco Recovery Resources](#)**



CBH Member Services
888.545.2600

cbhphilly.org



You are one phone call away from getting help.

Compassionate, trained professionals answer all calls 24-hours a day, 7 days a week. Callers will receive counseling, guidance, assessment, and referrals/warm transfers to other services as indicated.

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.

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