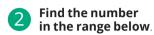
TRACK YOUR NUMBERS

Cholesterol Monitoring*









Look below the number to see if you are

DESIRABLE

BORDERI INF HIGH

HIGH

Check the box below the number for advice on how you can act to help you keep your numbers in the healthy range.

MY CHOLESTEROL NUMBER mmol/L

4.0	42	45	4.7	5.0	5. (5.2	5.5	5.7	E . {	5.2	5.5	7.0	75	8.0	8.5	9.0

DESIRABLE



Keep doing what you do

BORDERLINE HIGH*

→ Please contact your GP or Pharmacist for advice about lifestyle **changes**

HIGH*

→ Please contact your GP or Pharmacist for advice about lifestyle intervention and therapy

Check

- Blood Pressure
 - Smoking
 - Fat intake
- Dairy or animal products intake