QCP
QUALITY CARE PARTNERS

CHOLESTEROL CARE MATTERS

Regular Checkups Help Protect Your Heart and Prevent Serious Health Problems

Did You Know? High cholesterol often has no symptoms. Regular checkups help reduce your risk of heart attack and stroke by keeping treatment and prevention plans on track.

Why Regular Checkups Matter

- Monitor LDL, HDL, and triglycerides
- Review cholesterol medications
- Track blood pressure and heart-health risk factors
- Reduce heart attack and stroke risk
- Support healthy eating and exercise goals
- Identify problems before symptoms occur



Questions to Ask Your Doctor

- What are my current cholesterol numbers?
- What should my LDL goal be?
- Are my medications working?
- Am I at risk for heart disease or stroke?
- What diet changes would help most?
- Should I have additional heart testing?

Schedule your next checkup today!



Supporting members on their journey toward better health.