Cholesterol Screening.
What is a Healthy Range?

Total Cholesterol
Less than 200 mg/dL  -- Desirable

Low-Density Lipoprotein (LDL)
Called “bad” cholesterol because it can cause cholesterol buildup & blockage of your arteries
Less than 100mg/dL  -- Optimal

Triglycerides
Similar LDL in that it contains mostly fat & not much protein
Less than 150 mg/dL  -- Desirable

High-Density Lipoprotein (HDL)
Called “good” cholesterol because it helps prevent cholesterol from building up in your arteries
60 mg/dL or higher  -- Desirable

1 out of every 2 men & 1 out of every 3 women will develop heart disease sometime in their life. (National Cholesterol Education Program)

You can use these Living Well tools to invest in your health by learning more about your specific risks and what you can do to lower them.
For more information visit our “Living Well: Make it a Priority” website at: www.LivingWell.utsystem.edu

*Living Well Health Manager powered by WebMD Program available to UT SELECT members- Employees, Retirees, Dependents, Surviving Spouses and COBRA participants.