

# Cholesterol Action Plan

You are the most important person in managing your lipid numbers.  
Talk to your provider to help you choose one or more goals you are ready to work on.



## Goal 1 – Diet

I will eat a heart-healthy diet that includes less \_\_\_\_\_ and more \_\_\_\_\_.

I will keep track of what I eat.

I will try to lose \_\_\_\_\_ pounds by next visit.

I will drink less alcohol.



## Goal 5 – Know My Numbers

I will have my levels checked as directed by my provider.

I will reach my cholesterol goals:

Total cholesterol \_\_\_\_\_

LDL cholesterol \_\_\_\_\_

HDL cholesterol \_\_\_\_\_

Triglycerides \_\_\_\_\_



## Goal 2 – Exercise

I will exercise for \_\_\_\_\_ minutes \_\_\_\_\_ days per week, if my provider tells me it is safe.\*  
My provider and I agree that the best activities for me are \_\_\_\_\_

\_\_\_\_\_

If I notice chest pain or tightness or shortness of breath, I will get emergency help.



## Goal 6 – Provider Visits

I will keep my appointments, even when I feel fine.

I will ask my provider questions when I do not understand something.



## Goal 7 – Asking for Help

I will ask for help when I need it.

I will let my provider know if I feel sad or blue.



## Goal 3 – Stop Smoking

I will ask my provider about ways I can quit smoking.

I will think of all the reasons why I should quit and then take the steps to quit.

If I start to smoke, I will try to quit again.



**EMERGENCY:** Get emergency medical help right away if you think you are having a heart attack: 1) Chest pain or discomfort; 2) Upper body like shoulder, arm or jaw discomfort; 3) Shortness of breath; 4) Cold sweats, nausea or light-headedness

*\*Some medical conditions may make exercise dangerous for some people. Before starting any exercise program, talk to your provider.*

This material was adapted from GSK



## Goal 4 – Medicine

I will take my cholesterol medicine(s) as directed.

I will call my provider if I have problems.

I will ask questions when I do not understand.

MeridianComplete is a health plan that contracts with both Medicare and Michigan Medicaid to provide benefits of both programs to enrollees.