

UNISYS

PBM

P. O. Box 91024

Baton Rouge, LA 70821

PRSRST STD

U.S. POSTAGE PAID

BATON ROUGE, LA

PERMIT NO. 1037

# **Complete Wellness**

*A Guide to Managing  
Your Health*

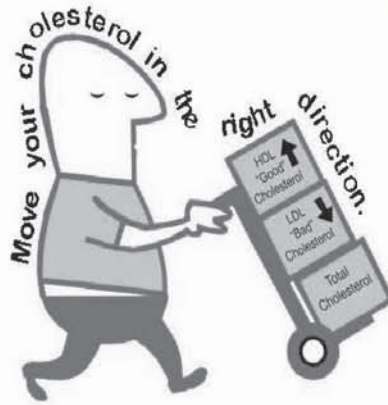
# REMINDER COUPON



Cut along dotted line and take this coupon to your next doctor's appointment.



1. I have asked my doctor if I need a cholesterol check? Yes \_\_\_\_\_ No \_\_\_\_\_
2. Date of next cholesterol check is: \_\_\_\_\_
3. How can I control my cholesterol numbers? \_\_\_\_\_



Have you had your cholesterol checked lately?  
Ask your doctor if you need to!

**If you have diabetes, it is very important  
for your cholesterol numbers to be good.**

LDL is "bad" cholesterol ⇒ Less than 100 is better  
HDL is "good" cholesterol ⇒ Above 40 for men is better  
Above 50 for women is better

Your cholesterol has a lot to do with heart disease.  
You should have your cholesterol checked every year.

If you are NOT asking about having your cholesterol  
checked, then you ARE asking for TROUBLE-  
like a heart attack or stroke.

Take this coupon to your next doctor's appointment to remind you  
to ask your doctor if you need to have your cholesterol checked.

Control Diabetes•Check Cholesterol•Control Diabetes•Check Cholesterol•Control Diabetes•Check Cholesterol•

### Diabetes Series 8-Part 4, January 2009

Educational material provided to Louisiana Medicaid recipients by the Louisiana Medicaid Pharmacy Benefits Management Program (PBM) in the Louisiana Department of Health and Hospitals, and developed by the University of Louisiana at Monroe College of Pharmacy.