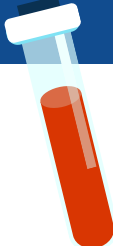




# DON'T FORGET TO TEST YOUR CHOLESTEROL!

Regular cholesterol testing is important to monitor your risk for cardiovascular diseases, including heart attack and stroke.



The Scheme pays for one cholesterol test per beneficiary every year - **this is a reminder to take advantage of this important screening test before the end of the benefit year.**

High cholesterol levels, particularly LDL (low-density lipoprotein), can lead to the buildup of plaque in your arteries, narrowing them and reducing blood flow to your heart and brain. This condition, known as atherosclerosis, often has no symptoms until a serious event occurs, making regular testing critical for early detection.

By having your cholesterol tested regularly, you can also identify unhealthy levels early on and take preventative measures, such as lifestyle changes or medication, to lower your risk. It also allows you and your doctor to track the effectiveness of any treatments or interventions you may be using to manage your cholesterol.



## THE LIPID SCREENING TEST (LIPOGRAM) INCLUDES:

- Total cholesterol
- Low-density lipoprotein (LDL) cholesterol
- High-density lipoprotein (HDL) cholesterol
- Triglycerides

**Get tested today and pro-actively manage your health!**

**NEED HELP?** Contact your Scheme for any benefit-related queries you may have.

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