

# Control Your Cholesterol

MONTHLY HEALTH CHALLENGE



## Join the Challenge!

This challenge will motivate you to control your cholesterol levels by adopting healthy lifestyle recommendations such as improving eating habits, starting an exercise routine and maintaining a healthy weight.

**To sign up, or for questions, contact:**

 **BlueCross BlueShield**  
Nebraska

An independent licensee of the Blue Cross and Blue Shield Association

 **BlueHealth Advantage**  
Little Things. Big Difference.