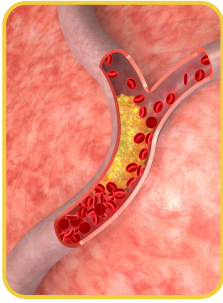




COMING
SOON

EPC Benefits "Open Enrollment" is coming up Nov. 1 to Nov. 30. Keep an eye out for more information in future newsletters and on our website at: www.epc.org/benefits/. NO ACTION is needed if you plan to remain under your current coverages.



What is Cholesterol?

A waxy, fat-like substance made in the liver, and found in blood and in all cells of the body. Cholesterol is important for good health and is needed for making cell walls, tissues, hormones, vitamin D, and bile acid. Cholesterol also comes from eating foods taken from animals such as egg yolks, meat, and whole-milk dairy products. Too much cholesterol in the blood may build up in blood vessel walls, block blood flow to tissues and organs, and increase the risk of developing heart disease and stroke. - NIH-National Cancer Institute

MYTH: "I would have symptoms if I had high cholesterol"

FACT: High cholesterol usually has no signs or symptoms. You may not know you have unhealthy levels until it is too late - when you have a heart attack or stroke. That's why it is important to get your cholesterol level checked at least every 4 to 6 years or more if you are at risk.

A Cholesterol Test (Lipid Panel) Checks Your Levels Of:



Low-density lipoprotein (LDL) or "BAD" cholesterol. Having high level of LDL cholesterol can lead to plaque buildup in your arteries and result in heart disease or stroke.



High-density lipoprotein (HDL) or "GOOD" cholesterol. HDL is known as "good" cholesterol because high levels can lower your risk of heart disease or stroke.



Triglycerides, a type of fat in your blood that your body uses for energy. The combination of high levels of triglycerides with low HDL cholesterol or high LDL cholesterol levels can increase your risk for heart attack and stroke.

Total cholesterol, the total amount of cholesterol in your blood based on your HDL, LDL, and triglycerides numbers.

What You Can Do to Lower
Your Cholesterol

Eat a Heart
Healthy Diet

Get Regular
Exercise

Lose Weight

Don't Smoke

Get Routine
Health
Screenings

*EPC medical plan members annual checkups and preventative care services are covered at no cost to you if you visit an In-Network provider. See the list of [Covered Preventative Care and Screenings](#).

Food Tips for Lowering Cholesterol Levels

| | |
|---|---|
| HDL–Raising: | Olive oil, avocados, walnuts |
| LDL & Triglyceride–Lowering: | Oatmeal, apples, oranges, salmon, tofu |
| LDL–Raising: | Egg yolks, fatty meats, shellfish, full-fat dairy, processed snacks |
| Triglyceride–Raising: | Excessive drinking, simple carbs/starches, sugars, animal proteins |

[See More Cholesterol-Lowering Foods](#) –online article from Cleveland Clinic, Health Essentials

Nurse Health Coaching



If you have been diagnosed with any one or more than one of these conditions:

High Cholesterol - High Blood Pressure - Asthma - Chronic Pain - Chronic Obstructive Pulmonary Disease - Chronic Kidney Disease - Coronary Artery Disease - Congestive Heart Failure

...and you want to start living a healthier life but need some extra help getting started then don't delay or make excuses – **start now!** You can call 1-888-610-0089 and speak to a nurse health coach who can help and encourage you on your journey to a healthier life! [View Flyer](#) or [Watch Video](#) to learn more.

Overcome Your Exercise Plateau

People often abandon their workouts when the results – getting stronger or slimmer – begin to dwindle. In most cases, reaching a plateau simply means you're progressing toward fitness and ready for a new level of workout.

If you are stuck on a plateau, fitness specialists recommend enhancing your routine 4 ways using the **FITT** principles – Frequency, Intensity, Time and Type. This strategy can be adopted for cardio exercise and resistance training.

Frequency – *how often*: Increase the number of your workouts or exercise days. Example: from 4 days to 6 days per week.

Intensity – *how hard*: Increase the difficulty or level at which you exercise. Example: Increase heart rate maximum from 65% to 90%.

Time – *how long*: Increase your minutes per workout. Get a minimum of 150 minutes per week.

Type – *activity*: Change the type of activity (e.g., replace 2 cardio workouts with strength-training or walking outdoors.) Continue reading the full article here.

Article from Personal Best's website-Smart Moves digital wellness tools - by EBIX Benefits Administration - 1/2022

**Do you do perform maintenance
on your car?**

Your lawn mower?

Or around the house?



...Why skip on maintaining your health?

**Didn't get to your annual physical, dental visit
or eye exam yet this year?**

**Schedule your visit today, the end of the
year is approaching!**

Love
Hope
Faith
**Don't forget to schedule your annual
Mammogram!**