What do cholesterol terms mean?

**HDL cholesterol — “GOOD”**
What it does: helps prevent plaque buildup in arteries

**LDL cholesterol — “BAD”**
What it does: clogs arteries

**Total cholesterol**
This number is based, in part, on your LDL and HDL.

**Triglycerides**
Raised levels of this blood fat can boost your risk of heart disease.

You want these numbers low.

**Know your numbers. Ask your doctor what your goals should be.**

Source: National Heart, Lung, and Blood Institute

The information provided here is for general informational purposes only and not intended to be nor should be construed as medical or other advice. You should consult your own doctor and/or an appropriate professional to determine what may be right for you.

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