

LDL?  
HDL?

# Help your patients understand

Use this education tool to deliver the information that your patient needs to begin their lifestyle change


## Your Cholesterol Levels

<b>LDL</b> 230 mg/dL	<b>HDL</b> 38 mg/dL
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Visit [ZestTec.com](http://ZestTec.com) for more information on how to lower your cholesterol with lifestyle changes.

**Zest Tec**™ A cholesterol-lowering medication

Cover Sheet



LDL?  
HDL?

**LDL** is "bad cholesterol." Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet doloreDolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut lador.

**HDL** is "good cholesterol." Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet doloreDolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut lador.

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## Your Cholesterol Levels

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Sheets



## 4 tips for achieving better results from your medication.

- Lower Cholesterol by Eating Right**  
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- Improving Cholesterol With Exercise**  
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- Lose Weight: Lower Cholesterol**  
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- Stick to your prescription.**  
Zest Tec™ Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore. Lipsum dolor sit amet.

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Visit [ZestTec.com](http://ZestTec.com) for more information

Back Sheet

## Patient Education

Health care providers will use this tool when they identify someone with elevated LDL cholesterol levels. It is used to educate patients providing healthy living tips that will help them adjust their cholesterol levels. The sheet is filled out and given to the patient so that they can stick it on their medical files, mirror, or cabinet as a reminder to stay the course of prescribed medication and to live a healthy lifestyle.