

<LongFirstName>,

Though it may sound strange, you could have fatty blood. Hyperlipidemia is a condition that affects many, though the name can be confusing. It simply means you have too many lipids (fats) in your blood.

When you get a physical, your provider will typically test your blood for high lipid counts. There are different types of lipids – the most common being cholesterol and triglycerides.

How high lipids affect your health

People with high cholesterol and triglycerides have an increased risk for:

- Coronary artery disease
- Heart disease
- Heart attack
- Stroke

In addition, high triglycerides can cause acute pancreatitis, an often-painful condition that keeps your body from absorbing important nutrients.

How to lower your lipids

If you have high cholesterol or triglycerides, your doctor may prescribe medicine to manage your condition. By watching your diet, you may also be able to lower lipids on your own.

Here are some common tips:

- Check food labels for products with low saturated and trans fats.
- Eat lean meats, fish and dairy, and cut back on red meat and fried foods.
- Cook with vegetable or olive oil, not butter.
- Eat more fiber, which can reduce cholesterol levels.
- Maintain a healthy weight.



We can help. Call us at 1-800-818-8581 or find out more online at [bcbst.com/healthtools](https://www.bcbst.com/healthtools).

Talk to your provider about this information. It is not meant to take the place of your provider's advice.





<LongFirstName>,

Did you know that being thin isn't always what's best for your health? The real goal is to maintain a healthy weight, which is different for everyone. When you achieve a healthy weight, you reduce your risk for serious medical conditions, including:

- Heart disease
- Stroke
- Sleep apnea
- High blood pressure
- Type 2 diabetes

While the number on your scale is one indicator of your weight, you can also ask your provider for a body mass index (BMI) reading to learn if you have a healthy amount of body fat. Seek advice on what weight and BMI numbers are best for you based on your age and health history.

Easy tips to manage your weight

The best way to reach and maintain a healthy weight is to form habits that are easy to keep up. Walk a bit more each day. Plan a healthy snack for the afternoon. Once you set up a pattern, these habits will come naturally.



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<LongFirstName> ,

If you've experienced heartburn early in the morning or late at night, you could have a condition called GERD, or gastroesophageal reflux disease.

GERD is common, though many don't know what it is. Also called acid reflux, it occurs when a valve near the opening of your stomach weakens and lets stomach acid into your esophagus. If you have this condition, you'll usually feel it when you lie down.

What are the symptoms of GERD?

Along with heartburn, GERD often causes:

- Burning feeling in your throat
- Sour taste in your mouth
- Upset stomach or nausea
- Burning, warmth or pain behind the breastbone

Should you seek medical help?

If you're having frequent symptoms, contact your provider. GERD is easy to treat, and simple measures could help prevent ulcers and damage to your esophagus.

It's also important for you to speak to your provider if you have pain behind your breastbone, since it could be the sign of a serious heart condition. If the pain occurs only after eating, chances are you have GERD. But it's always better to let your provider decide.



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<LongFirstName>,

Enjoy life with a healthy back.

It happens to most adults – a periodic ache, lingering pain or the feeling you’ve completely thrown your back out. There are many reasons why your back may be sore. These include:

- Poor posture
- Overuse, strain or injury
- Herniated disc
- Aging
- Arthritis
- A spine problem you were born with

Left untreated, the pain could worsen, move to other parts of your body and make it difficult to walk, sit or even lie down.

Should you seek medical help?

If you don’t know what’s causing your lower back pain, you should see your provider. A few simple tests can help uncover the problem, so you can get the treatment you need.

3 ways to have better posture

By adjusting how you sit and stand, you can help improve your back health. Here are three easy tips:

- Think about your posture when you’re sitting and standing.
- Keep your ears, shoulders and hips in a straight line.
- When sitting, keep a little curve in your lower back. Don’t slouch or sit up too straight.



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