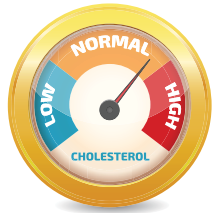




Cholesterol: The Good & The Bad

High cholesterol is an issue one in every six American adults deals with, and it's a risk that can potentially lead to severe consequences — including coronary heart disease, heart attack, or stroke.

Cholesterol is a waxy substance the body uses to produce cells, vitamins, and other hormones. HDL (high-density lipoprotein) cholesterol is commonly known as “good” cholesterol. If you have too little HDL, it can increase the risk of the “bad” kind (low-density lipoprotein, or LDL) building up within your arteries. A person's lifestyle — diet, exercise, and weight management — contributes to their cholesterol levels.



The following suggestions below are proven to support healthy cholesterol levels:

- Limit salt, saturated fats, and trans fats
- Consume less than 200 mg of cholesterol a day
- Choose healthy fats, including lean meats and unsaturated oils
- Consume soluble fiber in the form of whole-grain products, beans, lentils, and certain produce
- Eat plenty of fruits and vegetables

Smoking and drinking alcohol can also contribute to high cholesterol, as well as increased stress levels, age, other health conditions (i.e., diabetes, PCOS, Lupus), and even family genetics.

Resetting Your Brain: Addiction Help

Misusing alcohol and drugs can lead to addiction when brain functionality is impacted.

Addiction is not simply about a person's inability to exert self-control. It impacts the brain and affects someone's ability to stop using. Addiction impacts all kinds of people, regardless of age or financial circumstances.

Therefore, it's essential to work with professionals trained in addiction and rehabilitation when developing a treatment program. Treatment options that have proven successful in helping addiction include behavioral counseling, medication-assisted treatment, and identifying and treating co-occurring mental health issues (depression, anxiety, etc.).

If you or someone you know needs help battling addiction, trained specialists are available via SAMHSA's National Helpline, 1-800-662-HELP (4357), to route callers to intake centers or connect you with local resources for assistance and support.



BENEFIT SPOTLIGHT Legal Assistance

Need help with paperwork for an adoption, drawing up a will, or even a traffic ticket? The idea of hiring a lawyer for help is daunting given the potential cost.

The good news, however, is that many employers provide access to affordable legal help for your personal needs, often paid for with per-pay-period deductions directly from your payroll. It's like having your own lawyer on retainer for a very reasonable cost. These experienced attorneys are able to help you (and usually your dependents) with:

- Estate planning, wills, and trusts
- Real-estate matters
- Identity-theft defense
- Financial matters, such as debt-collection defense
- Traffic offenses
- Document review
- Family law, including adoption and name change
- Advice and consultation on personal legal matters
- Divorce

Check your benefits guide or with your HR department to see whether this is an optional benefit your employer offers.

