

YOUR GAME PLAN SCORECARD



Many heart health risk factors can be managed. Don't let them "take you out of the game!" Talk to your healthcare provider about your cholesterol, blood pressure and triglyceride levels, and ask if medication is right for you.

If you have very high triglycerides, there is good news! There is a prescription made from all-natural fish oil that, along with a healthy diet, is proven to effectively lower very high triglycerides. Talk to your doctor about developing the right treatment plan for you and if medicines can help. **(Please see Important Safety Information below.)**

Here are some questions that you can ask your doctor to start the conversation about managing your heart health risk factors.

GENERAL QUESTIONS

- What is my blood pressure? Is this in a healthy range?
- What diet or exercise changes should I make to help reduce my risk factors for heart disease?
- What is my total cholesterol count and what does it mean in terms of good cholesterol (HDL), bad cholesterol (LDL), and triglycerides?
- What should my target triglyceride level be?
- How can I lower my triglycerides?
- What are omega-3s?
- Is there a prescription made from nature that is right for me?

IMPORTANT ITEMS TO BRING

Your doctor may ask about your medical history. To be prepared, think about bringing along:

- A list of any medical conditions that you may have (such as diabetes, kidney disease, or liver disease)
- A list of the medications you are taking
- A list of any foods and/or substances that you are allergic to

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Date / /

A FEW NUMBERS TO KEEP IN MIND

What triglyceride level is considered too high? How about cholesterol? Simply refer to the charts below.

TRIGLYCERIDES

- Very high: >500 mg/dL
- High: 200-499 mg/dL
- Borderline high: 150-199 mg/dL
- Desirable: <150 mg/dL

LDL CHOLESTEROL NUMBERS

- Optimal: Less than 100 mg/dL
- Near optimal/above optimal: 100-129 mg/dL
- Borderline high: 130 mg/dL
- High: 160 to 189 mg/dL
- Very high: 190 mg/dL and above

HDL CHOLESTEROL NUMBERS

LOW	HIGH
≤ 40 mg/dL for men ≤ 50 mg/dL for women	≥ 60 mg/dL for men and women

An important part of managing your heart health is tracking your progress. This chart can help you keep track of your triglycerides and other heart health risk factors after each doctor visit.

DATE OF TEST	TRIGLYCERIDE	WEIGHT	BLOOD PRESSURE	LDL (BAD CHOLESTEROL)	HDL (GOOD CHOLESTEROL)	TOTAL CHOLESTEROL
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IMPORTANT SAFETY INFORMATION FOR LOVAZA® (omega-3-acid ethyl esters)

LOVAZA, along with diet, helps to lower very high triglyceride levels.

If you are allergic to fish, you should not take LOVAZA. Talk to your doctor about any medications you are taking, especially those that may increase your risk of bleeding.

Possible side effects include burping, infection, flu-like symptoms, and upset stomach.

The effect of LOVAZA on heart attack, stroke, or cardiac conditions has not been determined.

For more information about LOVAZA, please click here for the [Patient Information](#) or [full Prescribing Information](#).