CardioChek®

Cholesterol Tracking Tool Instructions

After testing with the CardioChek home cholesterol test system, use this cholesterol tracking tool to track your cholesterol levels throughout the year. Each month, track your numbers using the color-coded bars and ranges. Where your numbers fall within the colored bars will help you identify if your cholesterol levels are at high risk, borderline risk, or low risk. To calculate your LDL cholesterol, use the formula below.

Note: There are multiple risk factors for heart disease. These tests do not replace a lipid profile run by a laboratory. Never make any medical decisions based on your results. Always contact your healthcare professional for advice on changes to your treatment plans or medication.

CHOLESTEROL		Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
240 mg/dL and above	High Risk												
200 to 239 mg/dL	Borderline Risk												
Less than 200 mg/dL	Lower Risk												

HDL (GOOD) CHOLESTEROL		Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
Less than 40 mg/dL	At Risk												
40 to 59 mg/dL	Borderline to Near Optimal												
60 mg/dL and above	Optimal												

*TRIGLYCERIDES		Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
500 mg/dL or above	Very High												
200 to 499 mg/dL	High												
150 to 199 mg/dL	Borderline High												
Less than 150 mg/dL	Normal												

*LDL (BAD) CHOLESTEROL		Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
190 mg/dL and above	Very High												
160 to 189 mg/dL	High												
130 to 159 mg/dL	Borderline High												
100 to 129 mg/dL	Near Optimal												
Less than 100 mg/dL	Optimal												

***LDL cholesterol formula:** Total cholesterol - HDL cholesterol – [triglyceride level ÷ 5] = Calculated LDL cholesterol

* To calculate your estimated LDL cholesterol, you must fast for 9 hours prior to testing triglycerides. Never calculate an LDL if test results are outside the range of the CardioChek analyzer (denoted by a < or > on the results screen) or if your triglycerides are >400.

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