

The CardioChek® system

The Two-Minute Home Cholesterol Test

The CardioChek® system is a simple, fast and user-friendly method to accurately determine your cholesterol values. All it takes is a small fingerstick blood sample (similar to a pin prick).

CardioChek® analyzer

- Relied on by physicians and health and wellness programs
- Easy to use; two buttons do it all
- Results in two minutes or less
- Portable, palm-sized
- Large digital readout
- Stores the last 30 results of each test

Test strips

Choose from three separate test strip kits (sold separately, 3 tests per box).

- Total Cholesterol
- HDL Cholesterol
- Triglycerides


Each kit includes test strips, lancets, and convenient pipets.




CardioChek® 
**The Two-Minute
Home Cholesterol Test**

Call **+1 317.877.5610** or
visit **www.cardiochek.com** today!


Total Cholesterol

Less than 200mg/dL	Lower Risk	What Is Your Total Cholesterol? 
200 to 239mg/dL	Borderline High	
240mg/dL and above	Higher Risk	


HDL (Good) Cholesterol

Less than 40mg/dL	At Risk	What Is Your HDL (Good) Cholesterol? 
40 to 59mg/dL	Borderline to Near Optimal	
60mg/dL and above	Optimal	

LDL (Bad) Cholesterol

Less than 100mg/dL	Optimal	What Is Your LDL (Bad) Cholesterol? 
100 to 129mg/dL	Near Optimal	
130 to 159mg/dL	Borderline High	
160 to 189mg/dL	High	
190mg/dL and above	Very High	

Triglycerides

Less than 150mg/dL	Normal	What Are Your Triglycerides? 
150 to 199mg/dL	Borderline High	
200 to 499mg/dL	High	
500mg/dL or above	Very High	

Is Your Cholesterol in Chek?™



CardioChek® 

**The Two-Minute
Home Cholesterol Test**

www.cardiochek.com

Heart Disease is the #1 Killer in the U.S.

This year, more than one million Americans will suffer a heart attack. About half a million Americans will die from heart disease. Your blood cholesterol level has a lot to do with your chances of getting heart disease. In fact, the higher your blood cholesterol level, the greater your risk for developing heart disease.

Know Your Cholesterol. Know Your Risk.

Regular tracking of cholesterol and triglycerides is important for many reasons.

- Testing your numbers over time helps you make informed decisions.
- Checking your numbers gives you peace of mind. Why wait and worry?
- Tracking your levels lets you know if your heart health regimen is working.

Your physician can do this in the office, and you can test your levels between physician visits using the CardioChek® system.

If You Don't Test, You Don't Know.

Remember that high cholesterol itself does not have symptoms, so unless you test, you won't know if your cholesterol levels are too high. Frequent testing doesn't have to mean frequent doctor's appointments. Using the CardioChek® analyzer and test strips can help you stay on track between doctor appointments. It's like using a scale when you are trying to lose weight.

**Two Minutes
Could Save
You a
Lifetime**



Lowering Your Cholesterol Could Save Your Life.

Understanding your numbers.

Total Cholesterol

Total cholesterol level is the sum of the cholesterol types in your blood. The higher your total cholesterol, the greater your risk for heart disease. A total cholesterol level of under 200mg/dL is desirable.

HDL (good) Cholesterol

HDL cholesterol is known as "good" cholesterol, because high levels of HDL can protect against heart attack. Medical experts believe that HDL carries cholesterol away from the arteries and removes excess cholesterol from arterial plaque, slowing its buildup. This is a cholesterol level where higher is better – you should aim for an HDL level of greater than 60mg/dL.

LDL (bad) Cholesterol

When LDL (bad) cholesterol circulates in the blood, it can slowly build up in the inner walls of the arteries that feed the heart and brain. This "plaque" is a thick, hard deposit that can narrow the arteries and make them less flexible. Heart attack or stroke can result if a clot forms or an artery is blocked. An LDL cholesterol below 100mg/dL is optimal.

Triglycerides

Triglycerides are a form of fat that the body uses to store energy. Elevated triglycerides can be due to overweight/obesity, physical inactivity, cigarette smoking, excess alcohol consumption and a diet very high in carbohydrates. You should aim for triglyceride levels of less than 150mg/dL.