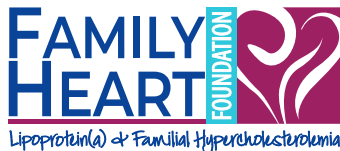


Managing your healthcare can be hard.

We are here for you.

If you have a personal or family history of high cholesterol, heart disease, or stroke, we are here to help.



At the Family Heart Foundation Care Navigation Center we are ready to answer your questions and support you along your healthcare journey – all at no cost to you.

Get help at FamilyHeart.org/Care

Family Heart Foundation Care Navigation Center

Taking steps to lower your LDL cholesterol to the Safe Zone can help you live a longer and healthier life. No matter where you are on your journey, we can give you the knowledge and tools you need to protect yourself from heart disease and stroke.

How we can help

- Understand your cholesterol results
- Find a specialist
- Understand your diagnosis
- Learn about treatment options
- Connect with others

- Navigate health insurance
- Get tips for a heart-healthy lifestyle
- Learn about clinical trials
- Share information with family members
- Get free tools & resources to help you



Connect with a Care Navigator

Call / Text: (582) 203-0755 | Email: carenavigation@familyheart.org

Get help at [FamilyHeart.org/Care](https://www.familyheart.org/Care)