

Managing your healthcare can be hard.  
We are here for you.

GET HELP  
[FamilyHeart.org/Care](https://FamilyHeart.org/Care)

## Family Heart Foundation Care Navigation Center

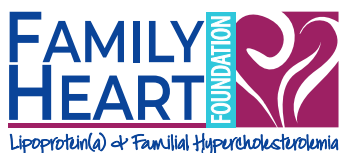
If you have a personal or family history of high cholesterol, heart disease, or stroke, we are here to help. Taking steps to lower your LDL cholesterol to the Safe Zone can help you live a longer and healthier life .

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. 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](mailto:carenavigation@familyheart.org)  
Get help at [FamilyHeart.org/Care](https://FamilyHeart.org/Care)