

# Presbyterian Healthy Solutions



## Healthy Solutions

Presbyterian Healthy Solutions provides health coaching by phone and e-mail. It is one of the benefits for City of Albuquerque and Participating Government Entity employees who have Presbyterian Health Plan insurance. We provide coaching at **no extra cost to you**. This service is for members who are having problems managing their cholesterol, heart health, or diabetes.

Below is information about cholesterol that may help you manage your health.

## Four Facts about High Cholesterol

1. High cholesterol does not have symptoms.
2. Because there are no symptoms, many people do not know they have it.
3. Having high cholesterol puts you at risk for heart disease, which is the leading cause of death in New Mexico.
4. Working with a health coach can help improve cholesterol numbers.

**Let's get started and commit to better health today!**

**1-800-841-9705**

**[HealthySolutions@phs.org](mailto:HealthySolutions@phs.org)**

[MPC0913102]

Presbyterian exists to improve the health of the patients, members, and communities we serve.

[www.phs.org](http://www.phs.org)