



**My health
on my terms**

High Lp(a)? There Are Steps You Can Take To Protect Your Health

Knowing Your Lp(a) Levels Can Help Guide Your Next Steps



Is Your Lp(a) High?



High Lp(a) levels can be an important clue about your heart health.¹⁻³

Knowing your Lp(a) level can help you understand your risk and plan your next steps.¹⁻³

While medicine to reduce Lp(a) levels is not yet available, there are still ways to take charge of your heart health.¹⁻³

Healthy habits and working with your doctor to manage other risk factors for heart disease can help protect your heart.¹⁻³

Protecting Your Heart Starts Here

Talk to your doctor about next steps for:



Lowering your cholesterol¹⁻³



Following a heart-healthy diet¹⁻³



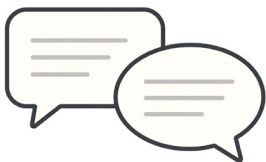
Getting regular physical activity¹⁻³



Quitting smoking¹⁻³



Prioritizing 7-9 hours of restful sleep²



Talk to your doctor about what your Lp(a) result means and your next steps and goals for a healthy heart.

References: 1. https://heartlife.com/wp-content/uploads/2025/07/pamphlet-lipoprotein_EN.pdf (Accessed May 14, 2026) 2. https://www.heart.org/en/-/media/Files/Health-Topics/Cholesterol/What-is-Lpa.pdf?sc_lang=en (Accessed May 14, 2026) 3. https://www.lipid.org/sites/default/files/elevated_lipoprotein_a.pdf (Accessed May 14, 2026)

Supported by Eli Lilly and Company.