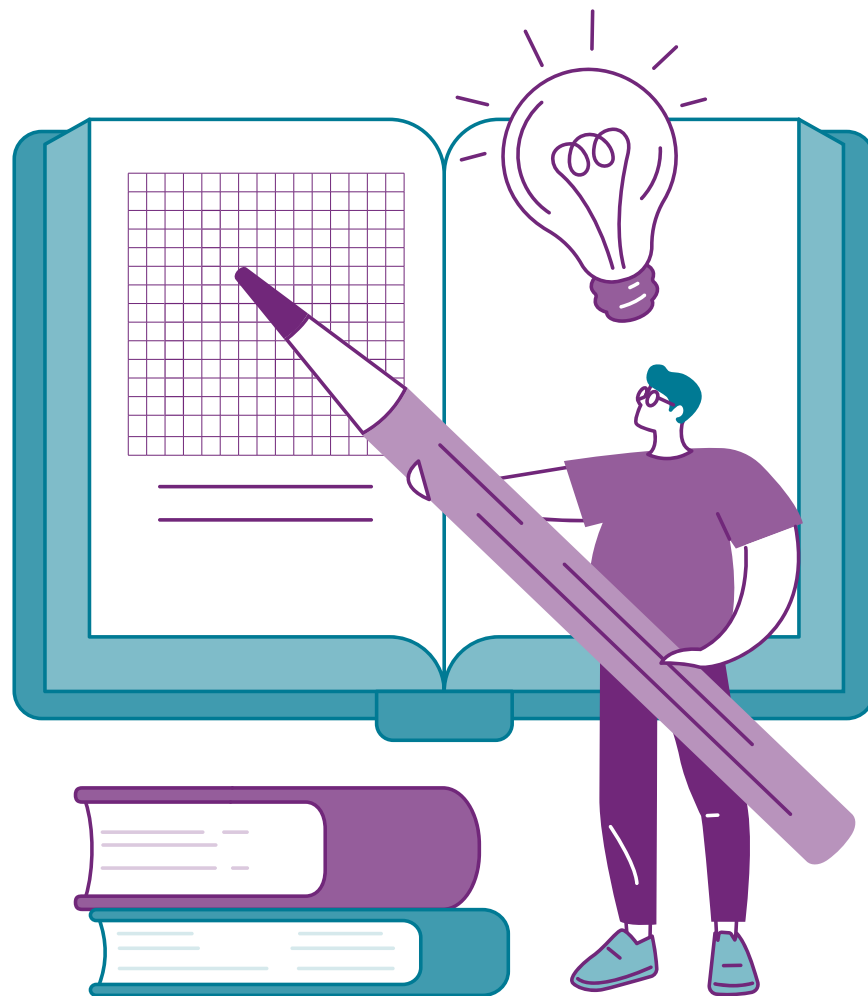


Heart-Pumping Brain Teasers

For fun-loving people who want to enjoy life
while lowering their bad cholesterol (LDL-C).



Shall We Play a Game? ★

The journey toward lowering your bad cholesterol (LDL-C) is a challenging one, but it's a challenge worth taking on. In that spirit, we've created these puzzles, games, and activities to help lift your mood and provide practical guidance.



This is some of the fun you'll find in these pages:

- Cardio Maze
- Word Find
- BINGO
- Crossword Puzzle
- Word Scramble

Here's a little riddle to get you started:

What goes up but never comes down?
(Answer below)

Riddle answer: Your age (unlike your bad cholesterol. Look for hints and tips for lowering LDL-C within the games themselves).

IMPORTANT SAFETY INFORMATION

The most common side effects of LEQVIO were: injection site reaction (including pain, redness, and rash), joint pain, and chest cold.

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Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

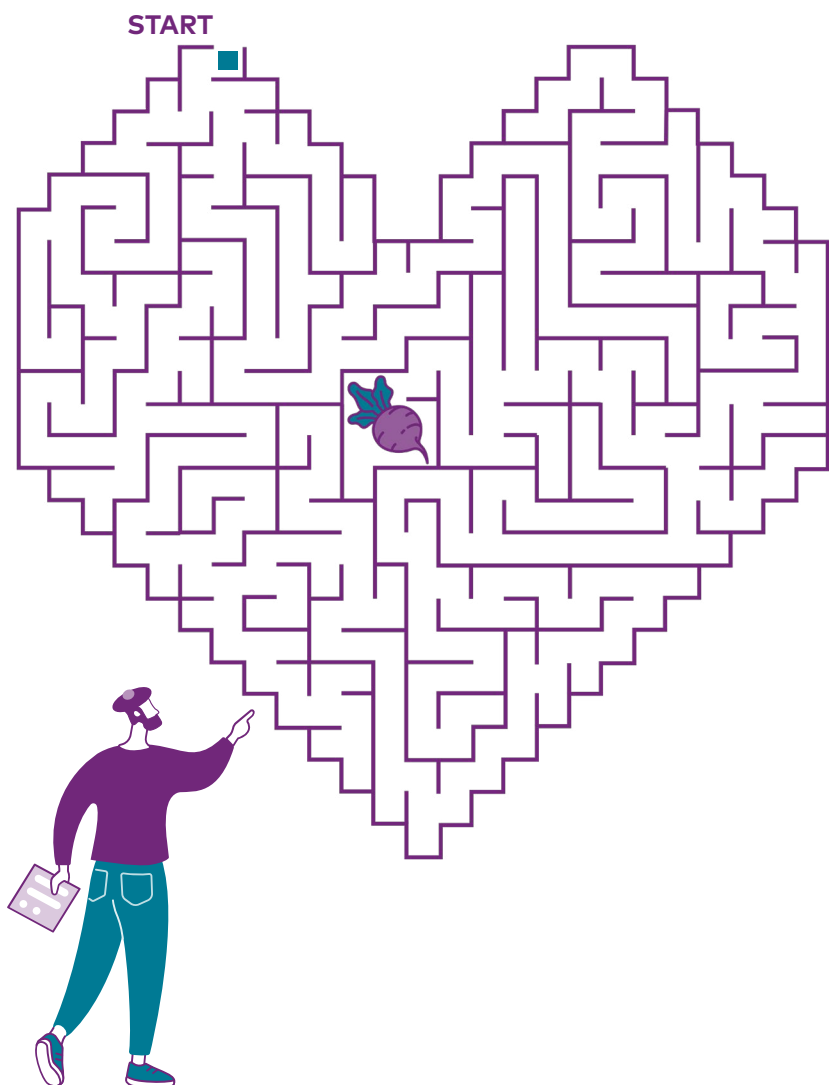
What is LEQVIO?

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Please click [here](#) for LEQVIO full Prescribing Information.

 **LEQVIO**[®]
(inclisiran) injection
284 mg/1.5 mL

You'll Be Amazed



The Heart of the Matter

Creating a healthy life is never a straight line. But finding the foods that could help lower bad cholesterol (LDL-C) is worth a few twists and turns. Give it a try.



Instructions:

Take a pencil and draw your way to the beet, in the center of the heart, in one continuous line.



Riddle me this:

What can fly but has no wings?
(Answer below)

Riddle answer: Time. And no time like the present to make healthy choices.

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Find Your Bliss



N B S N O H Y Q G J T C A I D
 K T W Y L P N E F T Q S I O B
 S I B N A T N E M T I M M O C
 N W I R O W E L L N E S S D D
 X L E M H I W B J O U R N E Y
 C H O L E S T E R O L G Y V X
 T D I C D H R P C D W P R L V
 A S V D C R E S I L I E N C E
 Y A Q C W L W A R R S K Q R A
 M D E D S S O G R I C B B M N
 C U L A D A L X C T O S G M I
 W C E N C O U R A G E M E N T
 X C O P T R E A T M E N T R K
 H Y N M R X G B I Z P X D Q P
 B Q M F E I Y T I V I T C A Y

The Heart of the Matter

Sure, there's lots of information out there. And hunting through it all can take time and energy. So be sure to talk to your doctor...and discover the things you need to know to make a real difference in lowering your bad cholesterol.



Instructions:

Find the hidden words in the below word list that can be key to a healthier heart.



Riddle me this:

What has 13 hearts but no other organs?
 (Answer below)

Word List

Activity	Exercise	Prescription
ASCVD	Heart	Resilience
Cholesterol	Journey	Therapy
Commitment	LEQVIO	Treatment
Encouragement	Lower	Wellness

Riddle answer: A deck of cards. (Game night is a great way to celebrate your healthy efforts.)

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Big-Hearted BINGO



Take medications as prescribed	Enjoy a walk - bonus with a dog or a friend	Book an appt with your cardiologist	Have a light lunch with a friend	Reward Row Go to the game
Choose a low-fat recipe for dinner	Take time to smell the roses	Remember that you are enough	Find a healthy food buddy	A walk in the park
Choose one chore to do and finish it	Outside activity with loved ones	FREE SPACE	2-minute dance break!	Nap on the grass (Summer) or Sit by a fire (Winter)
Get your lipid test results	Spend 2 minutes counting your blessings	Haven't missed meds all month	Say hello to someone new	Watch your favorite movie
Buy that book you want	Call up an old friend to reconnect	Plan a fun weekend outing	Take a mental health day	Watch the sunrise or sunset

The Heart of the Matter

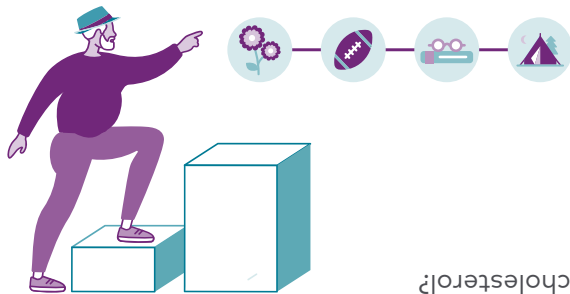
Lowering your bad cholesterol can sometimes feel like one long to-do list. But ta-da—by adding a few healthy activities and rewards to the mix, you can celebrate your wins along the way. Every step toward lowering your cholesterol is an achievement.

Instructions:

Share and complete these challenges with friends and family. Complete four activities in a row and find your reward on reward row. And don't forget to yell **BINGO!**

Riddle me this:

What is always in front of you but can never be seen?
(Answer below)



Riddle answer: The future. What does yours look like with lower bad cholesterol?

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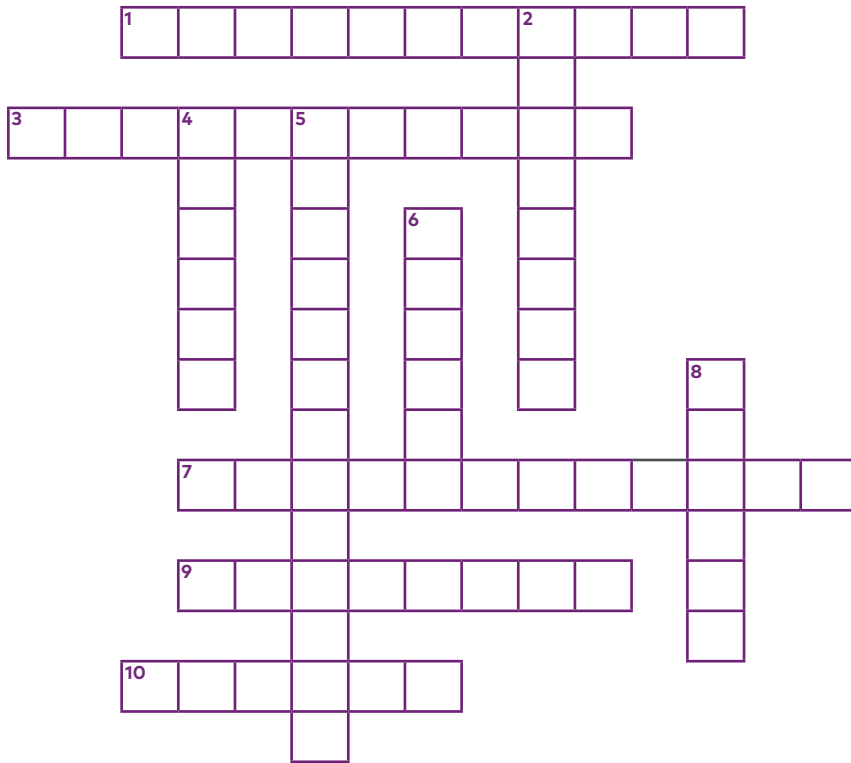
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Cross Your Heart



The Heart of the Matter

What's the foundation for healthier living? Understanding the things your doctor tells you or you read about. So, taking the time to learn all the buzzwords could really help you make smart choices on your journey.



Instructions:

Complete the crossword by using the clues and word list below. (This may be the heart-est puzzle yet.)



Riddle me this:

The more you take, the more you leave behind. What am I? (Answer below)

Clues

Across

- [1] Low Density
- [3] Can be good or bad
- [7] A happy ticker
- [9] Can become clogged
- [10] Two reasons to love it

Down

- [2] LEQVIO is given in ____
- [4] Another term for fats
- [5] When walking, you're ____
- [6] A heart-healthy meal
- [8] Class of drugs that lowers LDL-C

Word List

- | | |
|----------------|---------------|
| Two Doses* | Statin |
| Cholesterol | Healthy Heart |
| Lipids | LEQVIO |
| Staying Active | Lipoprotein |
| Low Fat | Arteries |

*Two doses a year after two initial doses.

Riddle answer: Footsteps. And a brisk 30-minute walk every day does a heart good.

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A Healthy Scramble

(Hint: Each word can be found in this booklet.)

ATHER _____

IEOVLQ _____

SEOORTEHLCL _____

ERYTAR _____

ODOCTR _____

TTINAS _____

NMTERATET _____

OAGL _____

TPOPESRCINIR _____

ESCEREIX _____

SLIDPI _____

WLROE _____

ENSLWLES _____

YRHPETA _____

RUEJYNO _____

The Heart of the Matter

Dealing with high bad cholesterol can have you feeling a little scrambled. But, by working with your doctor and keeping up with your treatment, you can find ways to clear your head and make sense of your health. Ask your doctor if LEQVIO® (inclisiran) could be a smart move.



Instructions:

Untangle these cholesterol-related words in the blank spaces provided.



Riddle me this:

What has 88 keys but can't open a door?
(Answer below)

Riddle answer: A piano, perhaps tuned to play Celine Dion's "My Heart Will Go On" for friends and family.

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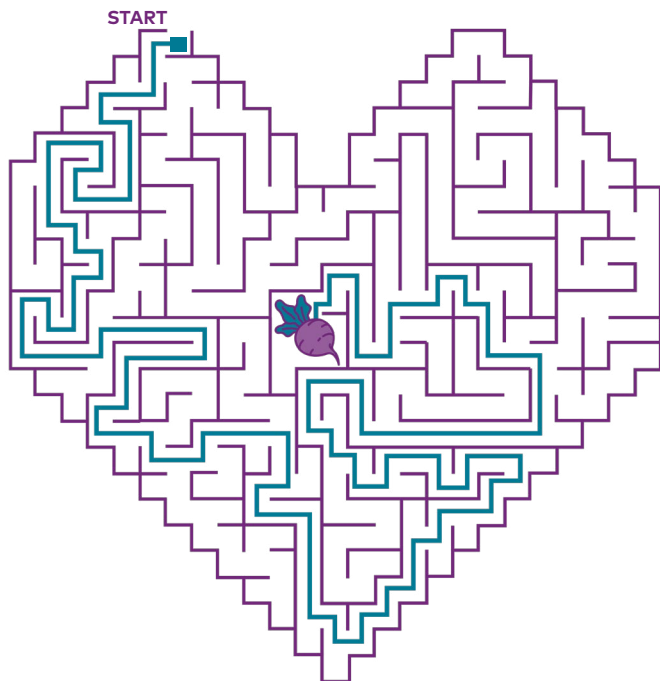
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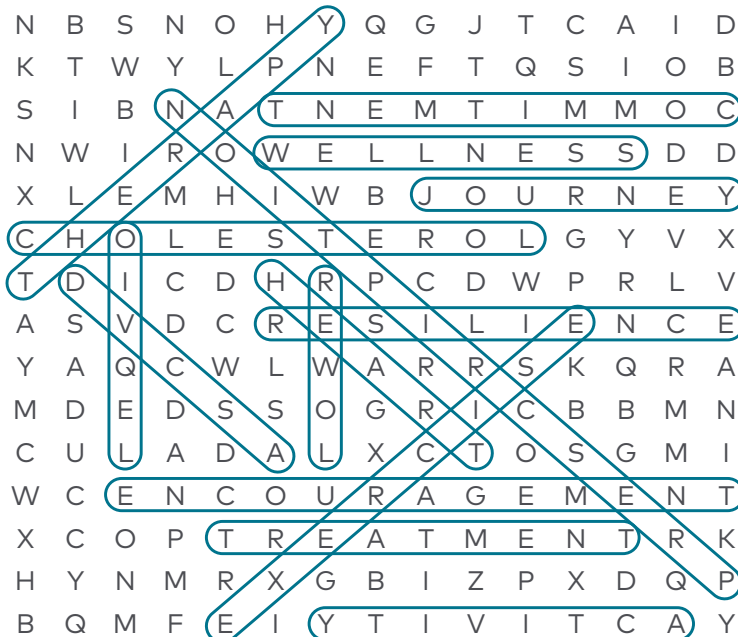
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Answer Key

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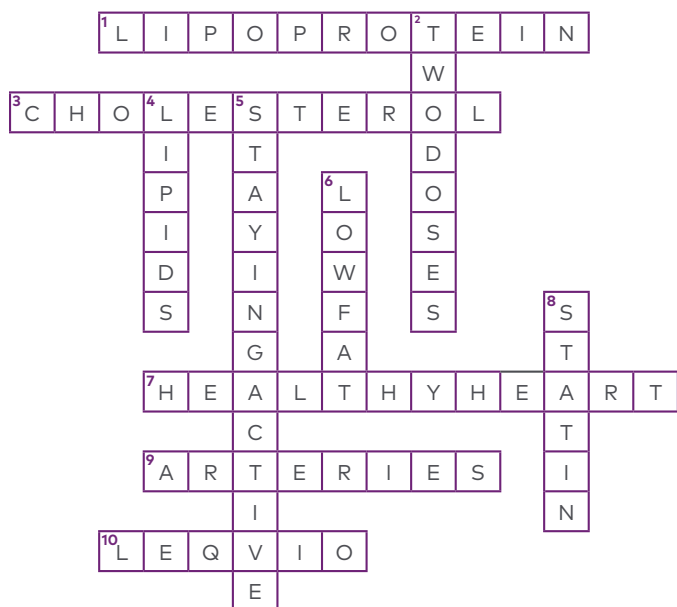
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Answer Key (cont'd)

Cross Your Heart



Clues

Across

Down

- | | |
|-----------------------------|--------------------------------------|
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A Healthy Scramble

ATHER	HEART
IEOVLQ	LEQVIO
SEOORTEHLCL	CHOLESTEROL
ERYTAR	ARTERY
ODOCTR	DOCTOR
TTINAS	STATIN
NMTERATET	TREATMENT
OAGL	GOAL
TPOPESRCINIR	PRESCRIPTION
ESCEREIX	EXERCISE
SLIDPI	LIPIDS
WLROE	LOWER
ENSLWLES	WELLNESS
YRHPETA	THERAPY
RUEJYNO	JOURNEY

