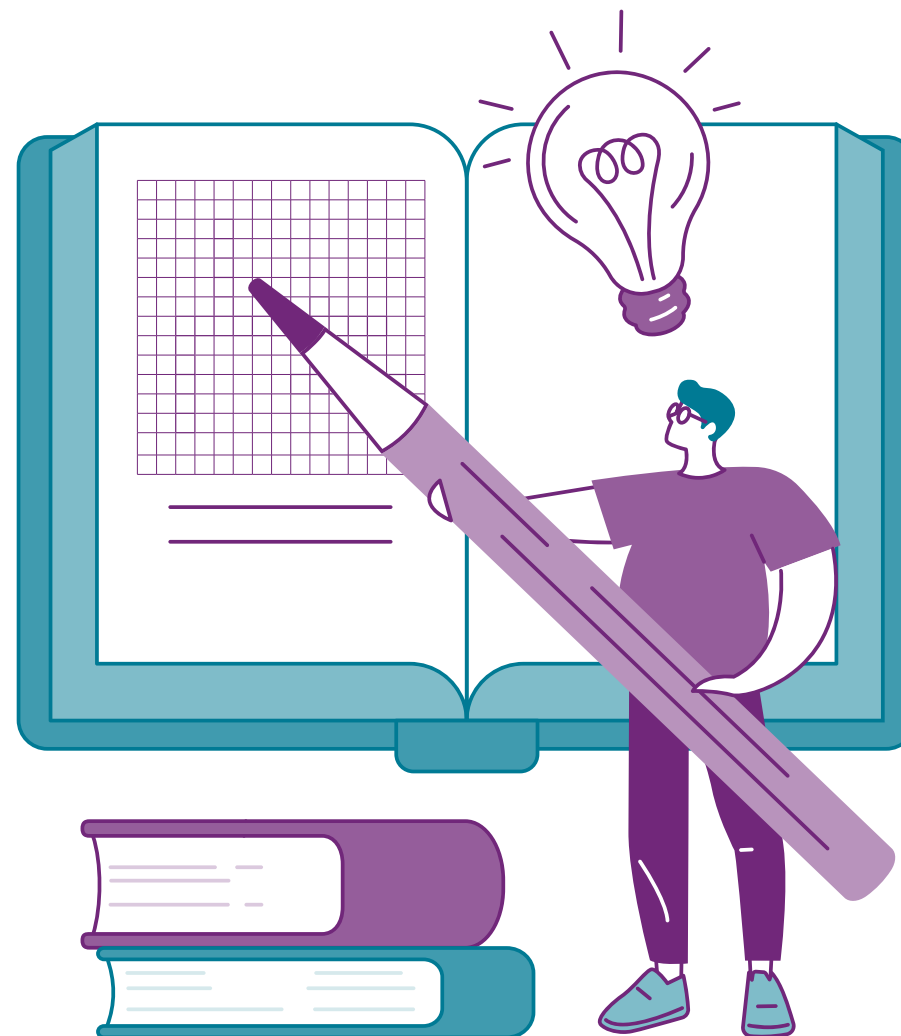


# Heart-Pumping Brain Teasers

For fun-loving people with known heart disease 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).

### What is LEQVIO?

LEQVIO (inclisiran) is an injectable prescription medicine used along with diet and other lipid-lowering medicines in adults who need additional lowering of "bad" cholesterol (LDL-C) and have known cardiovascular disease and/or heterozygous familial hypercholesterolemia (HeFH), an inherited condition that causes high levels of LDL-C. It is not known if LEQVIO can decrease problems related to high cholesterol, such as heart attacks or stroke.

### IMPORTANT SAFETY INFORMATION

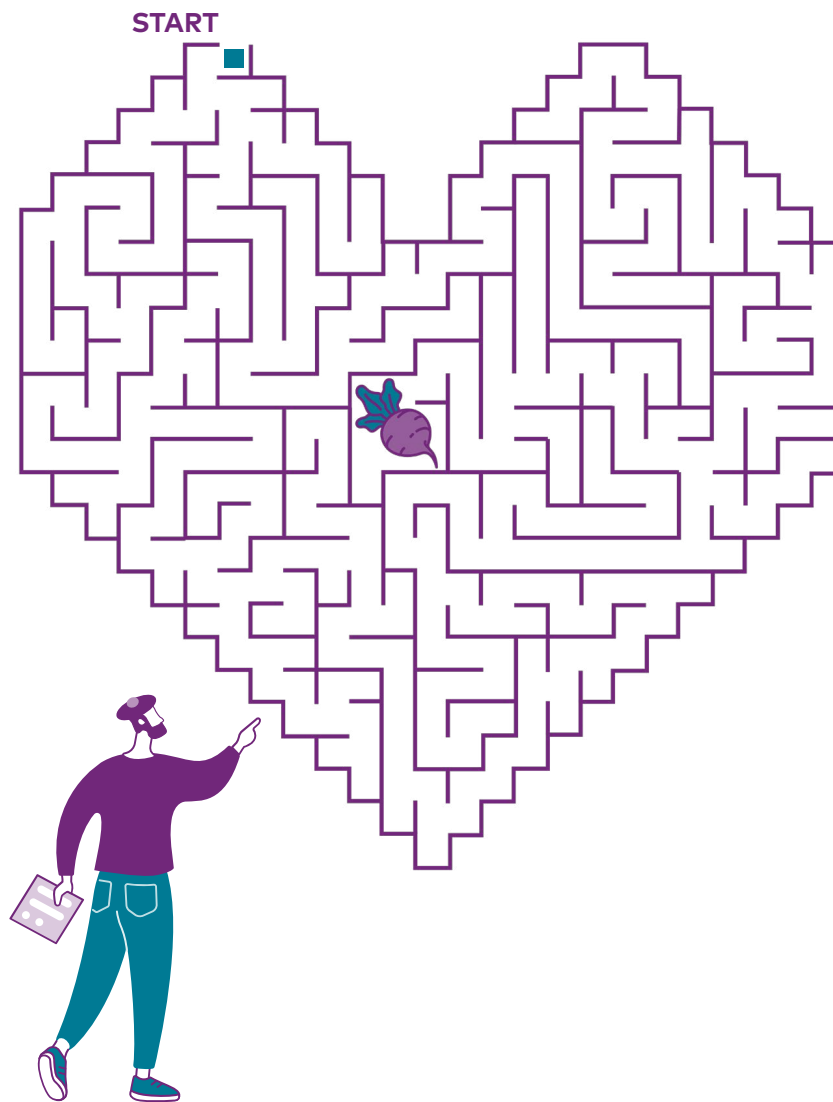
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Please click [here](#) for LEQVIO full Prescribing Information.

 **LEQVIO**<sup>®</sup>  
(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.

### What is LEQVIO?

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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.)

### What is LEQVIO?

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# Big-Hearted BINGO

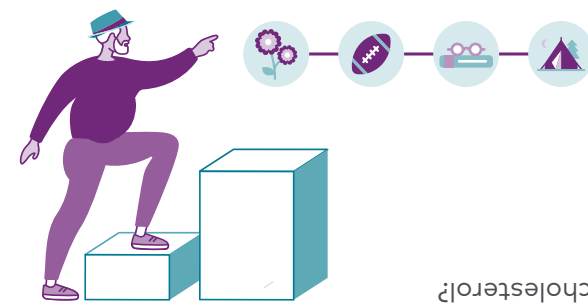
Take medications as prescribed	Enjoy a walk - bonus with a dog or a friend	Book an appt with your cardiologist	Have a light lunch with a friend	<b>Reward Row</b> Go to the game
Choose a low-fat recipe for dinner	Take time to smell the roses	Remember that you are enough	Find a healthy food buddy	A walk in the park
Choose one chore to do and finish it	Outside activity with loved ones	<b>FREE SPACE</b>	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?

### What is LEQVIO?

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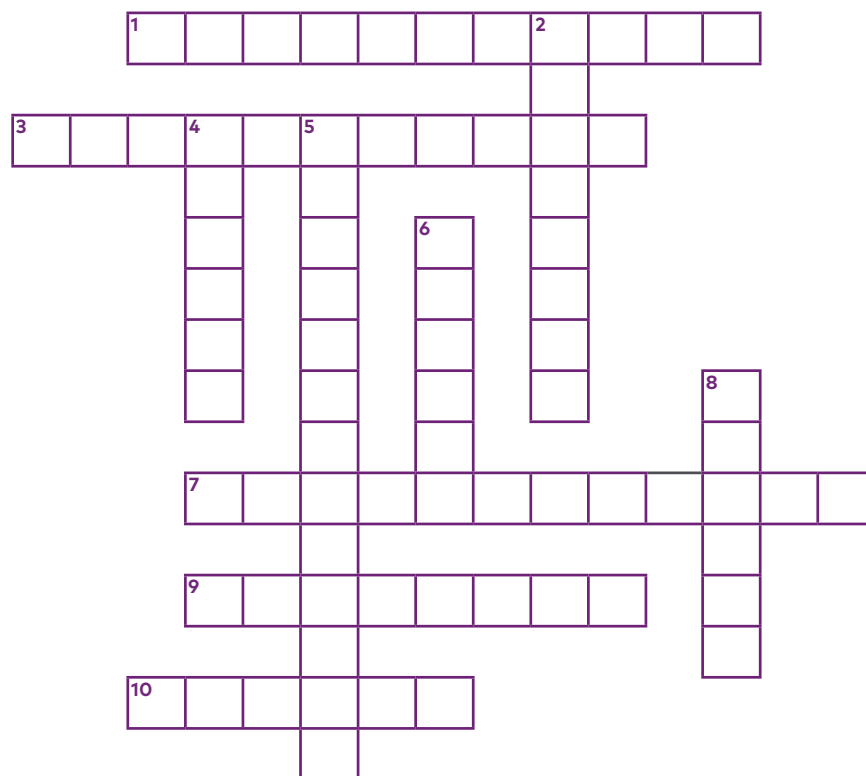
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# Cross Your Heart



## Clues

Across	Down
--------	------

- |                             |                                      |
|-----------------------------|--------------------------------------|
| [1] Low Density             | [2] LEQVIO is given in ____          |
| [3] Can be good or bad      | [4] Another term for fats            |
| [7] A happy ticker          | [5] When walking, you're ____        |
| [9] Can become clogged      | [6] A heart-healthy meal             |
| [10] Two reasons to love it | [8] Class of drugs that lowers LDL-C |

\*Two doses a year after two initial doses.

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## 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)

## Word List

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

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



# A Healthy Scramble

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

ATHER	_____
IEOVLQ	_____
SEORTEHLCL	_____
ERYTAR	_____
ODOCTR	_____
TTINAS	_____
NMTERATET	_____
OAGL	_____
TPOESRCINIR	_____
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.

### What is LEQVIO?

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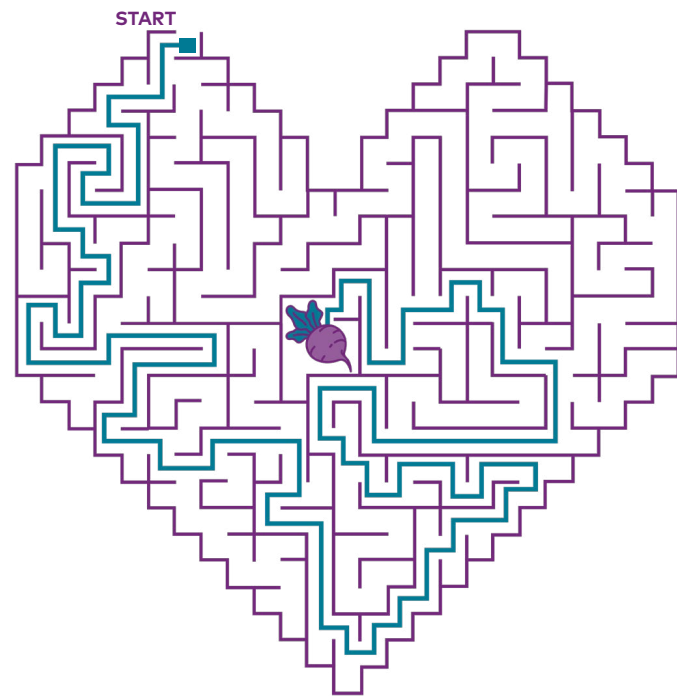
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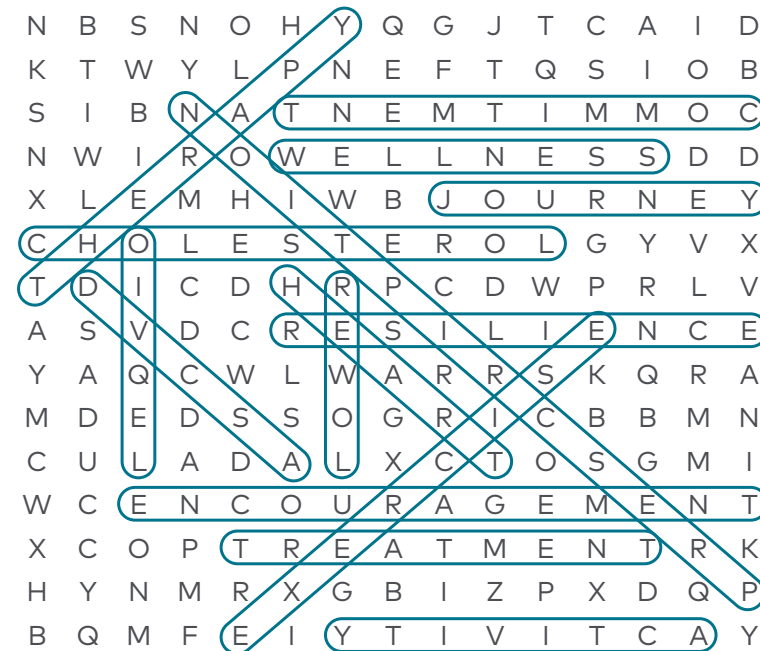


# Answer Key

## You'll Be Amazed



## Find Your Bliss



### Word List

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

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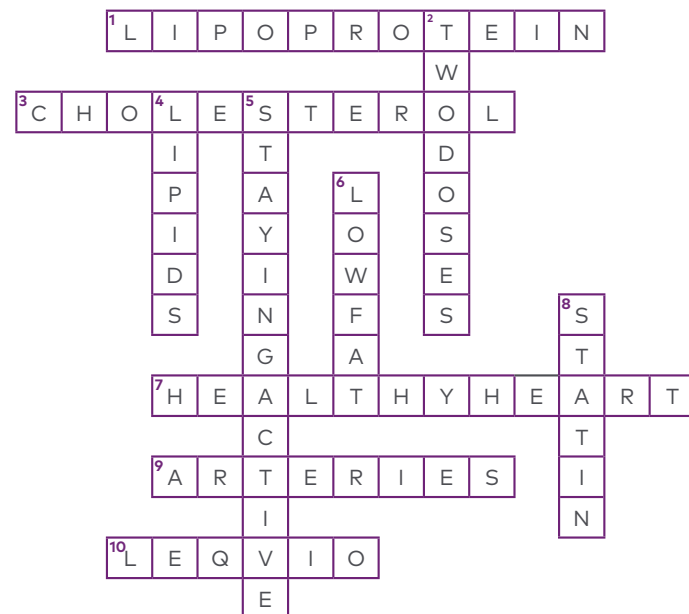
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# Answer Key (cont'd)

## Cross Your Heart



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Novartis Pharmaceuticals Corporation  
East Hanover, New Jersey 07936-1080

## 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

