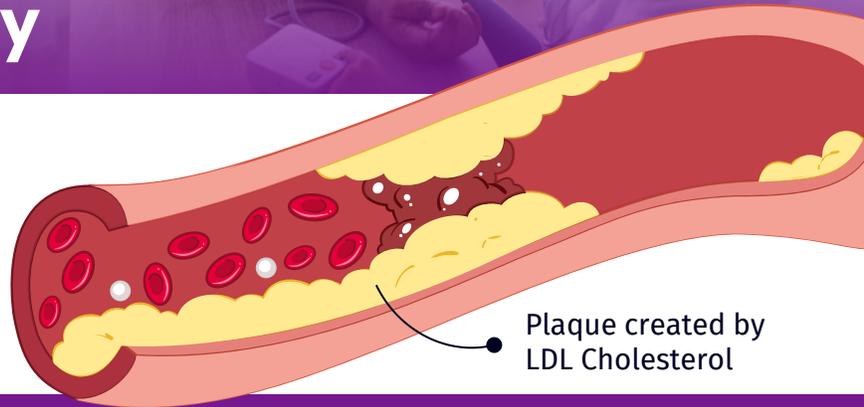




Heart Meds Made Easy

High cholesterol (hyperlipidemia) just means there's too much fat—like LDL cholesterol—flowing through your blood. LDL is the “bad” one because it can stick to your blood vessels and turn into **plaque**. Over time, that buildup makes your arteries stiff or narrow, raising your chances of a **heart attack or stroke**.



The good news?

There are solid meds and lifestyle moves that can bring the cholesterol numbers down and protect your heart.

Statins 101

Statins are the go-to cholesterol medicine. Most people take them once a day, usually at night when your liver is busy making cholesterol. Statins slow that process down, which helps pull LDL out of your bloodstream. They're affordable, effective, and lower your risk of heart attack and stroke.

Most people do fine on statins. A few might feel muscle aches or stomach issues, but your doctor can switch doses or try a different statin if that happens. Never stop your medicine without talking to your doctor.

Why doctors use statins first?



They drop LDL fast



They protect your heart



They're safe and low-cost

When Statins Aren't Enough?

Some folks can't tolerate statins or still need more help lowering their LDL. **That's when doctors look at other options.**



PCSK9 Inhibitors

These are newer **cholesterol injections you take every 2–4 weeks**. They help your liver remove more LDL from your blood. Many people see their **LDL drop by 50% or more**. Side effects are usually mild (like a sore injection spot).

Inclisiran (LEQVIO)

Another injection — but **only twice a year after the first two doses**. It works by helping your liver make less PCSK9. This is great for people who struggle with daily pills or need long-term control.

Bempedoic Acid

A pill that works kind of like a statin but **with less chance of muscle pain**. It can be taken alone or with other cholesterol meds.

Insurance Barriers

New Medicines

Many newer cholesterol medicines, especially PCSK9 inhibitors and inclisiran, can be expensive. Because of this, insurance companies often require extra steps before they will agree to cover them. These steps can sometimes delay treatment, but understanding the process can help you move through it more smoothly.

Prior Authorization

As of publication, your doctor has to get approval before the pharmacy can give you the med. Insurance may ask for labs, past meds you tried, or proof you can't take statins.

Step Therapy

Insurance might require that you try alternative options first — usually one or more statins — before they'll cover injections like PCSK9 inhibitors or inclisiran.

If your request gets denied, your doctor can appeal it. It just takes persistence and good documentation.



Lift Every Voice Pro Tip

What to Say?

Talking clearly with your doctor and insurance can speed things up.

To your doctor

- My current cholesterol medicine isn't working. Can we discuss PCSK9 inhibitors, inclisiran, or bempedoic acid?
- My insurance needs more info—can your office help send what they're asking for?



To your insurance company

- I'm calling about my prior authorization—what information is missing?
- I want to file an appeal. What forms do I need?"

You're in Control

Managing cholesterol is a long-term thing, but you're not doing it alone. With the right medications, support, and questions, you can keep your numbers in check and protect your heart for the future.