

Heart-Pumping Brain Teasers: **Word Games**



Here's the Game Plan

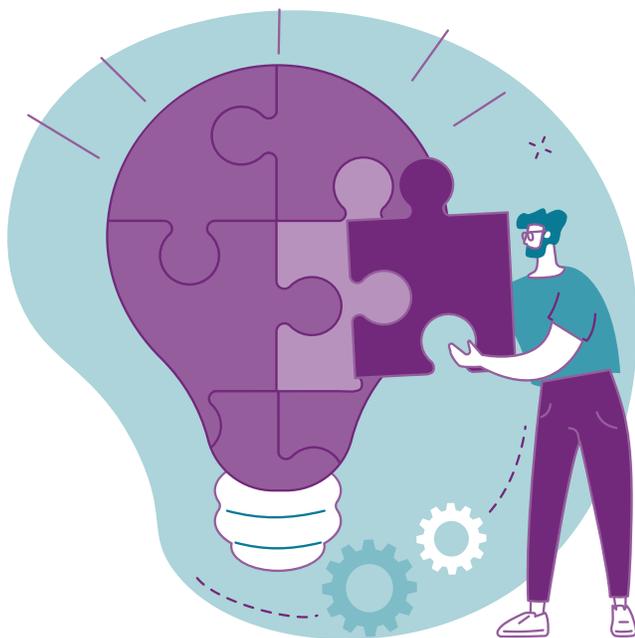
We've developed these engaging activities to stimulate your mind. Furthermore, you'll find tips and reminders around ways to help keep bad cholesterol at bay, including:

- A healthy diet*
- Regular exercise*
- Adding LEQVIO to your statin[†]

*Remember to talk to your doctor before making any lifestyle changes.

[†]If your doctor has decided LEQVIO is right for you.

You've got this. Let's play!



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

- **Searching for Healthy Choices (Word Find)**
- **Hearty or Healthy (Fill-in-the-Blanks)**
- **Find Your Inspiration (Crossword)**
- **Double the Fun (Word Scramble)**

 **Here's a little riddle to get you started:**
What goes up but never comes down?
(Answer below)

Riddle answer: Your age (but not your bad cholesterol (LDL-C), which you can lower by about 50% by adding LEQVIO to your statin).

IMPORTANT SAFETY INFORMATION

Do not use if you have had an allergic reaction to LEQVIO or any of its ingredients.

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

These are not all the possible side effects of LEQVIO. Ask your health care provider for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA.

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

What is LEQVIO?

LEQVIO (inclisiran) is an injectable prescription medicine used along with diet and other cholesterol-lowering medicines in adults with high blood cholesterol levels called primary hyperlipidemia (including a type of high cholesterol called heterozygous familial hypercholesterolemia [HeFH]) to reduce low-density lipoprotein (LDL-C) or "bad" cholesterol.

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

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

Searching for Healthy Choices

Difficulty level:



Instructions:

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

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

Word List

Activities	Inspiration	Oatmeal	Testing
Artery	LDL-C	Risk	Two Doses
CAD*	Lipid	Statin	Valve
Cardiologist	Lowfat	Stretch	Vascular
Carrots	Nutrition	Success	Walk

*Coronary artery disease

The Heart of the Matter

There's a whole lot of information that comes at you when you're dealing with high bad cholesterol (LDL-C). Your doctor can help you sort through it all so you can feel confident in your journey to better health. And when statins aren't enough, you can ask your doctor about LEQVIO.



Riddle me this:

What is always in front of you but can't be seen?
(Answer below)

Riddle answer: The future. Which may include help from LEQVIO.

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Hearty or Healthy?

Difficulty level:



Instructions:

Fill in the blanks with common words or phrases that have "heart" or "health" in them.

1. That feeling when you see a child and puppy	_____
2. Phrase about longing for your house	Home is where the _____ is
3. What some celebrities are to teens	_____
4. What a football player may have at the table	A _____ appetite
5. Great discussion between friends?	_____
6. What a doctor provides	_____
7. What being "early to bed" makes you	_____, wealthy, and wise
8. What chocolates sometimes come in	_____ box

The Heart of the Matter

After an event, taking care of your heart is essential to your health. It can be helpful to lean on your family and friends to help you make healthy choices every day.



Riddle me this:

What month of the year has 28 days?
(Answer below)

Riddle answer: All 12 months. And any of them are the perfect time to start your journey toward lowering bad cholesterol.

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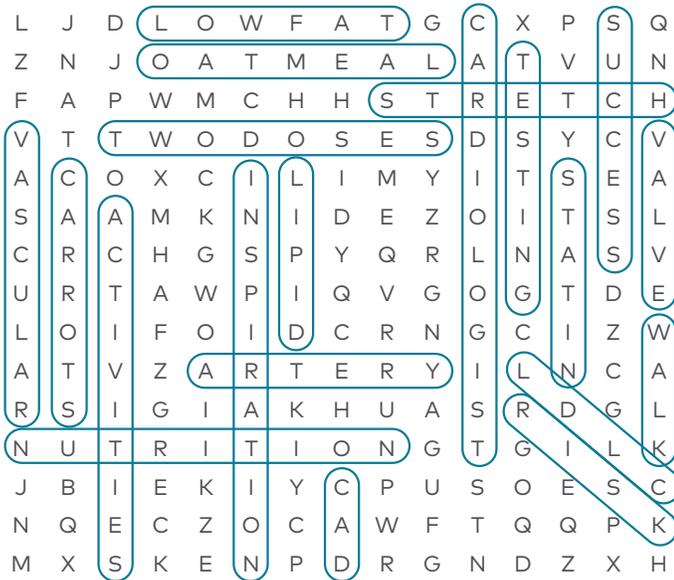
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Answer Key

Searching for Healthy Choices



Word List

Activities	Inspiration	Oatmeal	Testing
Artery	LDL-C	Risk	Two Doses
CAD*	Lipid	Statin	Valve
Cardiologist	Lowfat	Stretch	Vascular
Carrots	Nutrition	Success	Walk

Hearty or Healthy?

1. That feeling when you see a child and puppy	<u>Heartwarming</u>
2. Phrase about longing for your house	Home is where the <u>heart</u> is
3. What some celebrities are to teens	<u>Heartthrobs</u>
4. What a football player may have at the table	A <u>healthy or hearty</u> appetite
5. Great discussion between friends?	<u>Healthy debate</u> or <u>heart to heart</u>
6. What a doctor provides	<u>Health care</u>
7. What being "early to bed" makes you	<u>Healthy, wealthy, and wise</u>
8. What chocolates sometimes come in	<u>Heart-shaped</u> box

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Find Your Inspiration

Difficulty level:



Instructions:

Unscramble these inspirational quotes by dropping the letters into the correct spaces below. Each letter will be used once in the column where it occurs.

Example:

E	D									
L	L		Y	O	I	S	N	A		
L	O	V	E		I	S		A		
L	L		Y	O	U		N	E		
E	D									

Puzzle #1

A	O		D			B	A	E	E	'	A	A	E		
G	O	E	D			E	I	F	E	S	A	A	G	D	.
G	O	O	O	F	H	L	L	S	S	H	S	R	N	S	E
W	T	O	S	T	S	L	N	S	T	S	S	R	N	S	T

Puzzle #2

N	A	E		H											
T	H	N		S	E	A	R								
W	T	S	T	W	H	A	T	T	I	T	W	A			

The Heart of the Matter

Reaching and remaining at your LDL-C target is key. Reciting positive quotes and sayings could be a good way to keep yourself motivated. Give it a try! Speak some confidence into your day.

Riddle me this:

It stalks the countryside with ears that can't hear. What is it?
(Answer below)

Riddle answer: Corn, which can be part of a healthy diet.

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Double the Fun

Difficulty level:



Instructions:

1 Unscramble these words and use the numbered letters to help you out.

ETAATEMM

29 8

KWUOTRO

20 10

AECIGNDU

15 2

WTAFOL

7 33 26 18 28

OTRIUEN

16

TRWHGO

5

TLYLFESIE

14 27 17 21 9 23 25 24 19

NRQEUCO

4 13 22 30 3 12

OIVMOAITNT

32 31 6

RRETYA

11

ROPIIANNST

1

2 Fill in the blanks to reveal a powerful phrase. Each number corresponds to a letter from the word scramble above.

1 2 3 4 5 6 7 8 9 10 11 12 13 14

15 16 17 18 19 20 21 22 23 24 25 26 27 28 5 7 29 30 31 32 33

The Heart of the Matter

It's the little things you do every day that make a difference. Lowering your bad cholesterol (LDL-C) doesn't just mean showing up to your LEQVIO® appointments on time. From getting in a quick workout to eating the right foods, getting healthier is all about those small steps.



Riddle me this:

What continues to go up and down without moving? (Answer below)

Riddle answer: Stairs, which could be a good way to insert some cardio into your day.

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Answer Key

Find Your Inspiration

Puzzle #1

A	G	O	D		B	A	E	E	'	A	A	E							
G	O	O	F	H	E	L	L	S	H	S	A	N	G	D	R	S	.		
G	O	O		H	E	A	L	T	H		A	N	D						
G	O	O		S	E	N	S	E		A	R	E							
W	O		O	F		L	I	F	E	'	S		G	R	E				
A	T	E	S	T		B	L	E	S	S	I	N	G	S	.				

Good health and good sense are two of life's greatest blessings.
— Publilius Syrus

Puzzle #2

N	A	E		H															
W	T	S	T	W	H	A	R	T	T	I	T	W	A						
T	H	E		H	E	A	R	T				W	A						
N	T	S		W	H	A	T				I	T							
W	A	N	T	S															

The heart wants what it wants.
— Emily Dickinson

Double the Fun

ETAATEMM

T	E	A	M	M	A	T	E
29							8

KWUOTRO

W	O	R	K	O	U	T
20						10

AECIGNDU

G	U	I	D	A	N	C	E
15							2

WTAFOL

L	O	W	F	A	T
7	33	26	18		28

OTRIUEN

R	O	U	T	I	N	E
16						

TRWHGO

G	R	O	W	T	H
5					

TLYLFESIE

L	I	F	E	S	T	Y	L	E
14	27	17	21	9	23	25	24	19

NRQEUCO

C	O	N	Q	U	E	R
4	13	22	30		3	12

OIVMOAITNT

M	O	T	I	V	A	T	I	O	N
32									6

RRETYA

A	R	T	E	R	Y
11					

ROPIAINNST

I	N	S	P	I	R	A	T	I	O	N
1										

S	E	E
1	2	3

C	H	O	L	E	S	T	E	R	O	L
4	5	6	7	8	9	10	11	12	13	14

D	I	F	F	E	R	E	N	T	L	Y
15	16	17	18	19	20	21	22	23	24	25

W	I	T	H
26	27	28	5

L	E	Q	V	I	O
7	29	30	31	32	33

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