

Get Started With Your Small Steps Activity Guide



Take one small step at a time

Think of each small step as a stepping stone. Each one leading to the next, on your way to a place of better health—for you and your heart. Yes, of course, there may be the occasional stumble. But we're here to help you every step of the way.

STEP #1: PAST SUCCESSES

Look back at your past success stories.
Then create some new ones.

As you aim to take steps toward healthier living for you and your heart, think back on other successes from your life. Write down a few of them here. Revisit this list anytime and you'll see one thing for sure: **You can do it.**

1.
2.
3.

What is LEQVIO?

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

STEP #2: FUTURE GOALS

Map out your journey to a healthier lifestyle. Start here.

What's your long-term health goal? The big picture, if you like. And what are the day-to-day steps you'll take—with your doctor's advice—to help get you there? When it comes to making a plan you can stick to, putting it in writing can really make a difference.

My long-term heart-health goals *(Think: healthier eating, more exercise, lower LDL-C)*

Small steps I'll take on my way to better health

Step 1:

Step 2:

Step 3:

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.

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

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

STEP #3: EASY ACTIONS

Everyday activities burn calories, too.

Not big on exercise? What are some of the ways you might naturally incorporate 30 minutes of physical activity into your weekly routine?



Walking



Gardening



Housework



Yard work

Write down some other everyday exercises you might be doing.

HERE ARE A FEW TIPS:

Start slow and build up from there.

Start with a 5- or 10-minute walk a day

Bring a friend.

It's hard to get bored or tired when you have company

Do something you enjoy.

Dance, walk the dog, or swim

Don't let a setback stop you.

Tomorrow's a new day

IMPORTANT SAFETY INFORMATION (cont)

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.

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

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