

High Blood Pressure (Hypertension)



What is blood pressure?

Arteries carry blood from your heart to other parts of your body. Blood pressure is the force of blood pushing on the walls of your arteries.

How can you measure your blood pressure?

Your health care provider can measure your blood pressure. You can also find blood pressure machines at drug stores. You can buy a blood pressure machine to measure your blood pressure at home.

What do blood pressure levels mean?

Blood pressure levels tell you two things:

- The pressure in your blood vessels when your heart beats (systolic)
- The pressure in your blood vessels when your heart rests between beats (diastolic)

What are normal levels?

Blood Pressure Levels	
Normal	<u>systolic</u> : less than 120 mmHg <u>diastolic</u> : less than 80mmHg

What happens if you have high blood pressure?

Over time, high blood pressure can lead to heart attack, stroke, heart disease, kidney disease, damage to blood vessels or vision loss.

How can you control high blood pressure?

- **Eat a healthy diet.** Avoid foods that are high in sodium (salt) and fat. Eat five servings of fruits and vegetables each day.
- **Maintain a healthy weight.** Try to exercise for 30 minutes each day.
- **If you smoke, quit!** Call Member Services and ask to learn about our Stop Smoking Program. The number is on the back of your Member ID card.
- Limit your alcohol intake.
- Take your blood pressure medicine as prescribed by your provider.

Visit your provider at least once a year. You and your provider can make a plan to manage your blood pressure.

Do you have questions?

Call our 24-hour Nurse Advice Line. We are here to help you



English: (888) 275-8750

Español: (866) 648-3537 TTY/TDD: 711

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To get this information in other languages and accessible formats, please call Member Services. This number is on the back of your Member ID card.