

# High blood pressure: put the **SQUEEZE** on it



PRSR STD  
US POSTAGE  
**PAID**  
CHICAGO IL  
PERMIT NO 581

 Blue Cross Community MMAI (Medicare-Medicaid Plan)<sup>®</sup>

c/o Member Services  
P.O. Box 3836  
Scranton, PA 18505

Health and wellness or  
prevention information

 Blue Cross Community MMAI  
(Medicare-Medicaid Plan)<sup>SM</sup>



An Important  
Message for You

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# Do not let high blood pressure sneak up on you.

High blood pressure, or hypertension, is when the blood pushing up against the walls of your blood vessels is consistently too high.

While some risk factors are associated with age and race, here are a few things you can do to lower your chances of developing high blood pressure:

- Have a healthy weight
- Stop smoking
- Be physically active
- Limit alcohol

It is important to measure your blood pressure as ordered by your doctor to prevent further damage.

Ways to control your blood pressure\*:

- Medication: Remember, medication only works when taken as ordered by your doctor. Do not stop or skip medicine unless ordered by your doctor
- Diet: Follow a heart healthy diet (limit salt and fat intake)
- Exercise regularly
- Limit smoking, alcohol, and caffeine
- Follow up with your doctor as recommended

## Still have questions?

Call our free 24/7 Nurseline at **1-888-343-2697**.

# Know your numbers!\*

Blood Pressure Category	Upper Number		Lower Number
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
Stage 1 High Blood Pressure	130-139	or	80-89
Stage 2 High Blood Pressure	140 or Higher	or	90 or Higher
Crisis (Consult Doctor Immediately)	Higher than 180	and/or	Higher than 120

This information is not intended to replace the care and advice of your doctor.

*\*American Heart Association. (2017); Consequences of High Blood Pressure and Blood Pressure Categories; Retrieved from <http://www.targetbp.org>*



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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-877-723-7702** (TTY/TDD: **711**).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **1-877-723-7702** (TTY/TDD: **711**).

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