

Take Control of your Blood Pressure

Know the Facts...

- A person of any race, age, or sex can get high blood pressure.
- Most people do not feel sick with high blood pressure and may not feel any warning signs! As a matter of fact, you can even feel good and have high blood pressure at the same time.
- Your provider should check your blood pressure at each visit. If your blood pressure is 130/80 or higher, you may have high blood pressure. Low blood pressure can also be a sign of a problem. Talk to your doctor about what a target blood pressure range is for you. Everyone is different.
- High blood pressure can lead to other health problems such as heart attack, stroke, and kidney disease.



What can you do to lower your blood pressure?

The good news is there is something you can do to lower your blood pressure. You can do these 3 things:

1. Add these healthy habits to your life:

- Stop smoking or using nicotine products, like vaping or chewing tobacco.
- Lose weight, if needed.
- Stay active - exercise for at least 150 minutes each week, or as agreed upon with your primary care provider (PCP).
- Eat healthy - eat fruits, vegetables, lean meats, and low fat dairy foods.
- Choose foods with less salt.
- Do not drink too much alcohol. Drink in moderation.
- Avoid caffeine.



2. See your provider for routine health visits.

Your provider will help you manage your blood pressure.

3. Take medicine.

Your provider may put you on a blood pressure pill or a "water pill". A water pill is also known as a diuretic. Your provider may even order more than one medicine at a time to help lower your blood pressure.



The Truth is...

Once you have high blood pressure, it may never go away. Most people will need to take medicine for life. Visiting your provider for routine tests, adding healthy habits, and taking medicine as your provider tells you to will help you take control.

Take action today to help control your blood pressure before it controls you!

We're Here to Help!

If you have any questions about stroke, heart disease, please call us at 1-800-578-0603 (TTY: 711). You may also learn more about your health by visiting www.passporthealthplan.com.

