

# HEALTH TIPS

Make Health Happen

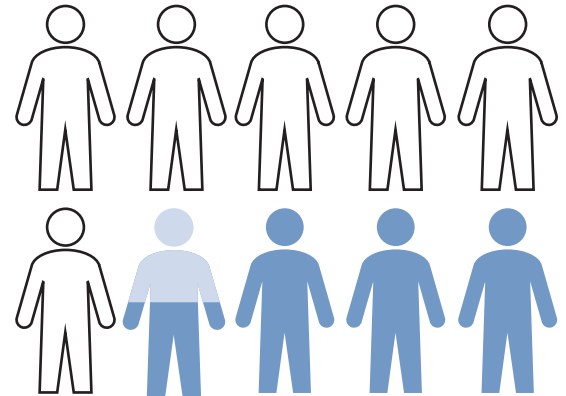
## High Blood Pressure (Hypertension)

**MORE THAN A THIRD OF ADULTS IN THE U.S. HAVE HIGH BLOOD PRESSURE AND DON'T KNOW THEY HAVE IT. DO YOU HAVE HIGH BLOOD PRESSURE?**

Blood pressure is the amount of force it takes for your heart to push blood through your body. When your blood pressure is high, your heart works harder than it should. High blood pressure is also called hypertension.

### “But I’m such a calm person!”

High blood pressure has nothing to do with being tense or nervous. Even a very relaxed person can have it. Many people have high blood pressure and don’t even know it. Often, there are no symptoms. Having your blood pressure checked is the only way to know if yours is too high. Everybody should have their blood pressure checked yearly.



### What is your blood pressure?

Normal blood pressure	120/80 or lower
Higher than normal blood pressure	Between 121/81 and 139/89
High blood pressure	140/90 or higher

### How to read the numbers:

- The top number is the pressure as your heart beats. It’s called the systolic pressure.
- The bottom number is the pressure in-between heartbeats. It’s called the diastolic pressure.
- When you say it out loud, say “over” where the slash is. So 120/80 would be “120 over 80.”

Higher-than-normal blood pressure should be monitored by your doctor. It can easily become high blood pressure. If you have higher than normal blood pressure, be sure to have your blood pressure checked regularly.



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### Helpful phone numbers for UniCare members only

Customer Care Center: 1-800-782-0095 (TTY 1-866-378-1634)

MedCall: 1-888-850-1108 (TTY 1-800-368-4424)

We can translate this for you at no cost.

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### What if I have high blood pressure?

Knowing you have blood pressure that is higher than normal is the first step. Now you can work with your doctor to control it. You may need medication. If you do, be sure to take your medication, even if you feel well.

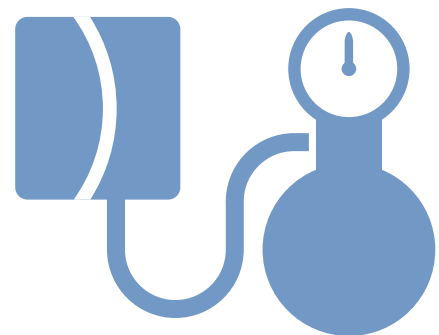
### Keep your blood pressure in check

Put check marks by the steps you will try first:

- I will see my family doctor and get my blood pressure checked at least once a year.
- I will find ways to be more active.
- I will make healthier food choices by:
  - Eating less salt.
  - Eating more fruits, vegetables, chicken and fish.
  - Eating less red meat, cheese and butter.

- I will smoke fewer cigarettes per day with a goal to stop.
- I will look for ways to relieve stress.
- If I drink alcohol, I will only do so in moderation.
- I will lose weight slowly (if overweight) at a rate of around 1 to 2 pounds per week.

To learn more about high blood pressure, you can visit the American Heart Association website at [americanheart.org](http://americanheart.org) or call **1-800-AHA-USA1 (1-800-242-8721)**.



Source:

American Heart Association website: *About High Blood Pressure* (April 2012); [heart.org](http://heart.org).

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