

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



c/o Member Services
P.O. Box 3418
Scranton, PA 18505

Health and wellness or
prevention information

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 Blue Cross Community
Health PlansSM



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.

Uncontrolled high blood pressure can lead to*:

- A stroke
- A heart attack
- Sexual dysfunction
- Vision loss
- Kidney disease

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 **1-877-860-2837** (TTY/TDD: **711**).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **1-877-860-2837** (TTY/TDD: **711**).

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