



CONTROLLING HIGH BLOOD PRESSURE

We want to help our members focus on their health and take steps to manage serious conditions like high blood pressure.

 **BlueCross BlueShield**
Federal Employee Program

fepblue.org

The silent killer

High blood pressure (also known as **hypertension**) is a condition that occurs when the pressure in your arteries and blood vessels is too high.

1 IN 3 AMERICAN ADULTS HAS HIGH BLOOD PRESSURE
THAT'S ABOUT 70 MILLION PEOPLE



High blood pressure is often called the “silent killer” because there are typically no warning signs or symptoms. The best way to know if you have high blood pressure is to visit your doctor and have your numbers checked on a regular basis.

Your blood pressure reading is made up of two numbers:

The top number measures **systolic pressure**, the pressure when the heart beats while pumping blood. The bottom number measures **diastolic pressure**, the pressure when the heart is at rest between beats.

-  **Normal:** Less than 120 mmHg/80 mmHg
-  **Prehypertension (at risk):** 120-139 mmHg/80-89 mmHg
-  **High:** 140 mmHg/90 mmHg or higher

Why your numbers matter

Having high blood pressure significantly increases your risk for serious health conditions, such as heart attack, stroke, heart failure and kidney disease. While some risk factors, including age and family history, cannot be controlled, there are things you can do to help.

Healthy lifestyle changes can lower your risk for serious conditions

- Limit sodium intake
- Consider the DASH (Dietary Approach to Stop Hypertension) eating plan
- Maintain a healthy weight
- Increase your physical activity and exercise
- Quit smoking
- Limit your alcohol consumption

Hypertension Management Program

If you have high blood pressure, the Hypertension Management Program can help you monitor your blood pressure numbers at home.

Here's how:

- 1 Complete the Blue Health Assessment (BHA) and answer "yes" to the question, "Has your doctor ever diagnosed you with high blood pressure?" You may be eligible to earn **\$50** on your MyBlue® Wellness Card. Get started with the BHA at fepblue.org/bha.
- 2 If you have a claim to support that you have high blood pressure, we'll send you a letter explaining your eligibility for this program.
- 3 Have your provider fill out the provider information on the letter and return it to us.
- 4 Receive your blood pressure monitor—you're eligible for a new one every two years.



Your health goals

Once you take the BHA, the next step is setting your Online Health Coach goals. A combination of support and resources, the Online Health Coach encourages you to complete manageable activities that help you achieve your health and wellness goals.

Complete three eligible goals and you can earn **\$40** for each—that's a total of **\$120**. You can set goals related to nutrition, exercise, weight loss, reducing stress and more.



KNOW YOUR NUMBERS

Talk to your healthcare provider about your blood pressure and start tracking your numbers to help lower your risk for serious health conditions.

My current blood pressure:

____ / ____

My target blood pressure:

____ / ____

This information is not meant to substitute the advice of your doctor or any other healthcare professional. You should speak to your doctor before starting a new diet or exercise routine.

This is a summary of the features of the Blue Cross and Blue Shield Service Benefit Plan. Before making a final decision, please read the Plan's Federal brochure (RI 71-005). All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochure.

The Blue Cross and Blue Shield Service Benefit Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Para obtener asistencia en español, llame al servicio de atención al cliente al número que aparece en su tarjeta de identificación.

請撥打您ID卡上的客服號碼以尋求中文協助。