

Managing High Blood Pressure

YOUR HEALTH, OUR PRIORITY

What is blood pressure?

Blood pressure is the pressure your heart is pushing against.

What is high blood pressure?

High blood pressure increases the work of your heart and can lead to serious health problems such as kidney disease, heart attack, and stroke.

If your BP reading is high, wait 5 minutes, then repeat reading on other arm.

NORMAL	ELEVATED	HIGH STAGE I	HIGH STAGE II
below 120	120-129	130-139	140 and above
below 80	below 80	80-89	90 and above

Seek medical care if you have high blood pressure!



Check your blood pressure with your doctor at least once a year. Ask to have your BP reading taken again if the first reading is too high.

Call us to schedule your doctor visits!

Healthy habits that can improve high blood pressure:

- Exercise daily
- Eat a healthy diet low in salt
- See your doctor regularly
- Take your medicines as ordered by your doctor



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