



Learn a few simple steps and start today.

If you have high blood pressure, you're not alone. One in every three American adults has this condition, also called hypertension. To help bring your level down, work with your doctor to develop a plan. In addition to medication your doctor may have prescribed for you, the plan will likely include making healthy lifestyle changes such as eating right and losing extra pounds. The combination of these steps can help get you — and keep you — on track.

Learn more ways you can keep your blood pressure level at a healthy range.

Care24 can help — call us today.



888-887-4114, TTY 711



Sources:

U.S. Department of Health and Human Services. 2008 physical activity guidelines for Americans. Accessed: 8/17/15. <http://www.health.gov/paguidelines/guidelines/default.aspx>

Centers for Disease Control and Prevention. How much physical activity do adults need? Accessed: 8/17/15. <http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>

National Heart, Lung, and Blood Institute. Tips for getting active. Accessed: 8/17/15. <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/get-active/getting-active.htm>

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through the nurse support service is for informational purposes only and provided as part of your health plan. The nurse cannot diagnose problems or recommend treatment and is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. This nurse support service is not an insurance program and may be discontinued at any time. The Centers of Excellence (COE) program providers and medical centers are independent contractors who render care and treatment to health plan members. The COE program does not provide direct healthcare services or practice medicine, and the COE providers and medical centers are solely responsible for medical judgments and related treatments. The COE program is not liable for any act or omission, including negligence, committed by any independent contracted healthcare professional or medical center.

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