



LIVING WELL WITH HIGH BLOOD PRESSURE

High blood pressure or hypertension often shows no symptoms, but could be causing damage to your heart, blood vessels, kidneys and other parts of your body. The Living Well with High Blood Pressure program helps to make living with high blood pressure easier. This online program is a three-week workshop with articles and videos.

WHAT IS BLOOD PRESSURE?

Blood pressure readings have two numbers, for example 120/80. The top number is your systolic pressure, the bottom number is your diastolic pressure.

- The systolic number shows how hard the blood pushes when the heart is pumping.
- The diastolic number shows how hard the blood pushes between heartbeats, when the heart is relaxed and filling with blood.

KNOW YOUR NUMBERS

| | |
|---|--------------------------------|
| Normal | Less than 120/80 |
| Elevated | 120-129/Less than 80 |
| Stage 1 High Blood Pressure | 130-139/80-89 |
| Stage 2 High Blood Pressure | 140 and above/ 90 and above |
| Hypertensive Crisis <small>(consult your doctor immediately)</small> | Higher than 180/120 |

Sources: mayoclinic.org, HealthMedia.Inc, nhlbi.nih.gov

LIFESTYLE CHANGES

Making small changes can help you improve your health and manage your blood pressure.

- Maintain a healthy weight.
- Don't smoke and quit if you do.
- Eat a healthy diet of whole grains, vegetables, fruits and lean protein.
- Cut your sodium intake to less than 1500 milligrams per day.
- Get routine exercise at least 30 minutes a day, most days of the week.
- Lower stress with techniques such as deep breathing exercises, muscle relaxation or meditation.

You can sign up for the Living Well with High Blood Pressure program by logging in at members.bcidaho.com, selecting the **WellConnected** logo, and then selecting **Living Well with High Blood Pressure**. To take part in this program by using printed materials, you can call us at 855-216-6844.

You can access health and wellness tools and information on our website members.bcidaho.com