

CARDIAC CARE

High Blood Pressure



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800.414.6641

WHAT IS HIGH BLOOD PRESSURE?

High blood pressure, also known as hypertension, is a common disorder in which blood pressure stays very high (a reading of 140/90 mm Hg or greater). Normal blood pressure is less than 120/80 mm Hg.

WHAT DO THE NUMBERS MEAN?

The higher number is the pressure in the artery when your heart is beating. The lower number is the pressure when the heart is resting between beats.

WHAT ARE THE RISKS OF HIGH BLOOD PRESSURE?

High blood pressure can cause a stroke, vision loss, kidney problems or a heart attack if it is not treated.

WHAT ARE THE SYMPTOMS?

High blood pressure usually has no symptoms. Sometimes it can cause headaches, vision problems or sleepiness. It is important to catch it early.

One in three adult Americans has high blood pressure, but 30% don't know that they have it. African Americans, Hispanics, Alaskan American Indians, people that aren't very active, and woman that have gone through menopause are more likely to have high blood pressure.

WHAT SHOULD I DO?

See your doctor regularly. Your doctor may do a physical exam and ask you about symptoms and family history. S/he may schedule you for other tests. Your doctor may test your blood pressure over a period of time.

WHAT CAN I DO TO CONTROL MY HIGH BLOOD PRESSURE?

- Lose weight (if overweight)
- Stop smoking (if you smoke)
- Stop or reduce alcohol use
- Talk to your doctor about an exercise program
- Reduce sodium intake (<2.3 gm/day, or one teaspoon)
- Take your blood pressure medicine as directed
- Eat less food with saturated fat and cholesterol

If you have hypertension, schedule regular appointments with your doctor. Your PCP can prescribe medicine or refer you to a specialist to help you. If you have symptoms that concern you, call your doctor right away.



FOR MORE INFORMATION about cardiac health, call Care Management 1.800.414.6641 (TTY: 1.800.473.0989).

This managed health care plan may not cover all your health care expenses. Read your contract and/or member handbook carefully to determine which health care services are covered. If you need help reading this information, please call Unison at 1.800.414.9025. The information in this notice is available in other languages and formats by calling Member Services at 1.800.414.9025 (hearing-impaired: 711).

For more information, we are available Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. and Wednesday 8 a.m. to 8 p.m. You can reach us at 1.800.414.9025 (hearing-impaired: 711). La información de este aviso está disponible en otros idiomas y formatos si llama a Servicios para Miembros al 1.800.414.9025 (711 para las personas con deficiencias auditivas). Si necesita ayuda para traducir esta información, por favor comuníquese con el departamento de Servicios a miembros del Unison al 1.800.414.9025 (711 para las personas con deficiencias auditivas).

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此通知里的信息有其它语言及格式, 请致电 1.800.414.9025 (听力有障碍人员请转分机 711) 联系会员服务处索取。

Информацию, содержащуюся в данном извещении, можно получить на других языках и в иных форматах по телефону отдела обслуживания участников: 1.800.414.9025 (для лиц с нарушением слуха: 711).

Thông tin trong thông báo này có sẵn bằng các định dạng và thứ tiếng khác bằng cách gọi Dịch Vụ Thành Viên theo số 1.800.414.9025 (người khiếm thính: 711).