

# CONTROLLING HIGH BLOOD PRESSURE

## Quick Reference Guide

### 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.

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.



### Nearly half of American adults have hypertension

*That's about 119.9 million people*



#### 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/less than 80 mmHg
- ! **Elevated:** 120-129 mmHg/less than 80 mmHg
- 1 **Hypertension Stage One:** 130-139 mmHg/80–89 mmHg
- 2 **Hypertension Stage Two:** 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<sup>1</sup>

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 and indicate that you have high blood pressure.
- 2 We'll send you a letter if you have a claim to support that you have high blood pressure.
- 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.

### Earn additional rewards<sup>2</sup>

Taking the BHA and setting goals, such as the hypertension management goal, with Daily Habits can help you stay on track to keep your blood pressure under control. **FEP Blue Basic<sup>®</sup>** and **FEP Blue Standard<sup>®</sup>** members can also earn up to **\$170** by completing eligible activities.

Having regular conversations with your primary care doctor is also important for your health. If you're an FEP Blue Focus<sup>®</sup> member, you're eligible to earn an incentive once we receive a claim from your annual physical. Rewards include a four-month gym membership, meal kit delivery subscription and more.

Learn more at [fepblue.org/incentives](https://fepblue.org/incentives).

## Know your numbers

Talk to your health care 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:** \_\_\_\_\_

<sup>1</sup>You can earn these rewards if you are the contract holder or a covered spouse on your Plan. FEP Blue Focus members do not need to complete the BHA to participate in the Hypertension Management Program.

<sup>2</sup>You must be the contract holder or spouse, 18 or older, on an FEP Blue Standard or FEP Blue Basic plan to earn incentive rewards.

This information is not meant to substitute the advice of your doctor or any other health care 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 Employees Health Benefits Program brochures (FEP Blue Standard and FEP Blue Basic: RI 71-005; FEP Blue Focus: RI 71-017) and the Postal Service Health Benefits Program brochures (FEP Blue Standard and FEP Blue Basic: RI 71-020; FEP Blue Focus: RI 71-025). All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochures.

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