

# HELPING YOU CONTROL HIGH BLOOD PRESSURE

## YOUR GUIDE TO BETTER HEALTH

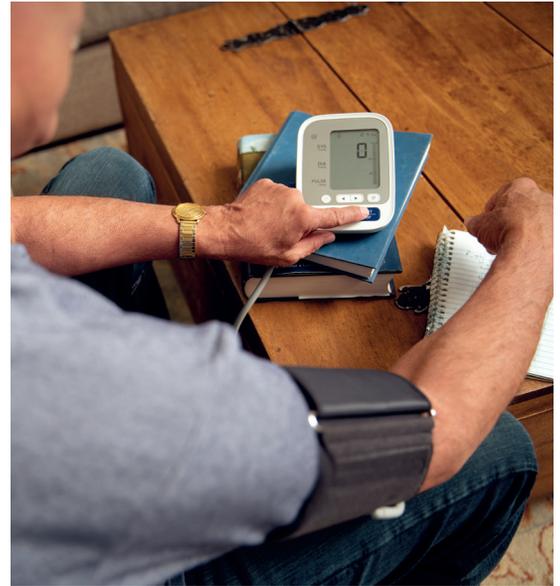
### THE SECRET KILLER

**High blood pressure** (or **hypertension**) is a condition that occurs when the force of blood pushing against your blood vessels stays too high.

Often called the “secret killer,” high blood pressure usually has no warning signs or symptoms. Nearly half of American adults (about 119.9 million people) are living with it.

**If left uncontrolled, high blood pressure can lead to serious health complications:**

- Heart disease or heart failure
- Stroke
- Kidney disease
- Hardening of the arteries (atherosclerosis)



### YOUR BLOOD PRESSURE IS MADE UP OF TWO NUMBERS

**Systolic pressure:** The pressure when the heart beats while pumping blood (the top number)

**Diastolic pressure:** The pressure when the heart is at rest between beats (the bottom number)

Blood pressure categories	Systolic	Diastolic
Normal “healthy” blood pressure	Less than 120 mm Hg	Less than 80 mm Hg
Elevated blood pressure	120–129 mm Hg	Less than 80 mm Hg
High blood pressure (hypertension)	130 mm Hg or higher	80 mm Hg or higher

**You have the power to improve your health.**

Lowering your blood pressure helps protect your heart, boost your energy and reduce your risk of serious health problems.

**Start tracking your numbers to help lower your risk.**

**My current blood pressure:**

**My target blood pressure:**

## STEPS YOU CAN TAKE TO HELP MANAGE YOUR BLOOD PRESSURE



### Visit your doctor

As a FEP member, you're covered for blood pressure screenings when you visit a Preferred provider. Your doctor can help answer your questions and adjust your treatment if needed.



### Daily monitoring

Check your blood pressure at home as directed by your doctor. Try measuring it at the same time each day, take two readings one minute apart, and share your numbers with your doctor.



### Take medication as prescribed

As a member, you get reduced copays on generic blood pressure (antihypertensive) drugs if your doctor prescribes them.



### Make healthy lifestyle changes

- Limit salt (sodium) intake.
- Consider the DASH (Dietary Approach to Stop Hypertension) eating plan.
- Maintain a healthy body weight and be physically active.
- Limit alcohol intake and quit smoking.
- Take steps to manage stress.

## GET SUPPORT TO MANAGE YOUR BLOOD PRESSURE<sup>1</sup>

Members with high blood pressure can receive a blood pressure monitor at no out-of-pocket cost every two years with the **Hypertension Management Program**. Here's how it works:

### 1. Take the Blue Health Assessment

Complete the BHA and indicate you have high blood pressure.

### 2. Your provider will submit a claim

After we receive a claim from your provider, you will be automatically enrolled in the Hypertension Management Program. The claim must be for services within the past 12 months.

### 3. Get your blood pressure monitor

We'll send you a letter with instructions.

## EARN REWARDS FOR HEALTHY HABITS<sup>2</sup>

After you complete the BHA, you can participate in our online health coaching tool, **Daily Habits**. It helps you build healthy routines and stay on top of your blood pressure goals. **FEP Blue Basic**<sup>®</sup> and **FEP Blue Standard**<sup>®</sup> members can earn up to \$120 for completing eligible activities.

If you're an **FEP Blue Focus**<sup>®</sup> member, you can earn \$150 after getting your annual physical to use on qualified medical expenses or Blue365<sup>®</sup> discounts like gym memberships, meal kit subscriptions, and more. For more information, visit [fepblue.org/incentives](https://fepblue.org/incentives).

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<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. For a full description of benefits, 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 brochures. The Blue Cross' and Blue Shield' words and symbols, Federal Employee Program', FEP' and MyBlue' are all trademarks owned by Blue Cross Blue Shield Association.