



Hypertension

What To Know



Hypertension, or high blood pressure, may seem like a daunting condition to live with. However, consistent tracking and changes in lifestyle factors are effective ways to keep it under control.



What do Your Numbers Mean?



Measured in mmHg	Systolic (top number)	Diastolic (bottom number)
Normal	Below 120	Below 80
Elevated	120 – 129	Below 80
High Blood Pressure (Stage 1)	130 – 139	80 – 89
High Blood Pressure (Stage 2)	Above 140	Above 90
Hypertensive Crisis **consult physician immediately**	Above 180	Above 120

Source: American Heart Association (AHA)

Keeping a record of your blood glucose self-checks will help you and your physician make the most educated decisions about your treatment.

** These are general guidelines provided by the AHA. Always follow the recommendations of your personal physician.



Preventative Measures

- Increase your exercise time
 - At least 150 minutes of aerobic exercise or 75 minutes of vigorous exercise a week
- Reduce sodium intake
 - Consume less than 1,500 mg/day
- Avoid saturated fat
- Moderate alcohol intake
 - 2 drinks/day for men; 1 drink/day for women
- Quit smoking

No primary care doctor?

Call your **Care Navigator** at **1-877-462-1444** or email mycarenav@accesstpa.com anytime.

Your Care Navigator can assist you with:

- Finding a primary care doctor in your network
- Avoiding unnecessary out of pocket costs and maximize your insurance benefit
- Identifying other important preventive care opportunities

No question is too small for our team of experts!