



Do you know your blood pressure?

 **westernhealth**
ADVANTAGE
in partnership with your doctor

Blood pressure is one of your most important adult screenings

High blood pressure (HBP), also known as hypertension, greatly increases your risk of heart disease and stroke. HBP usually has no symptoms but fortunately can be detected by a simple measurement.

KNOW YOUR BLOOD PRESSURE NUMBERS. Adults should have their blood pressure checked at each medical visit or at least once per year if blood pressure is less than 120/80 mm Hg. Talk to your doctor about any steps needed to get or keep your blood pressure within normal range. American Heart Association (aha.org) recommends the following guidelines:

CATEGORY	TOP NUMBER (SYSTOLIC)	AND/OR	BOTTOM NUMBER (DIASTOLIC)
Normal	less than 120	and	less than 80
Elevated	120 - 129	and	less than 80
Hypertension Stage 1	130 - 139	or	80 - 89
Hypertension Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis	higher than 180	and/or	higher than 120

GET LIVONGO® FOR HYPERTENSION. For members (over age 18) living with hypertension, sign up for Livongo advanced tools to better manage your high blood pressure at no added cost. Visit mywha.org/managehbp.

GET STARTED. Use the blood pressure tracker on the reverse to note your current levels and monitor progress.

