

Do you know your blood pressure?

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ADVANTAGE
in partnership with your doctor



Blood pressure is one of your most important adult screenings

High blood pressure (HBP) 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 Goal: Beginning at age 20, you should have your blood pressure checked at least once every two years. Talk to your doctor about what your blood pressure should be and set your blood pressure goal. For those who have other health issues, such as diabetes, your goal may differ from someone who does not have this condition. The **American Heart Association (AHA; aha.org)** recommends the following guidelines:

CATEGORY	TOP NUMBER (Systolic)	over	BOTTOM NUMBER (Diastolic)
Normal	lower than 120 mm Hg	/	lower than 80mm Hg
Elevated	120-129 mm Hg	/	lower than 80mm Hg
High Blood Pressure	130 mm Hg or higher	/	higher than 80mm Hg

Get Livongo® for Hypertension: For members (over age 18) living with hypertension, sign up for Livongo advanced tools for better managing your high blood pressure. Visit mywha.org/Livongo.

Get Started: Use the **Blood Pressure Tracker** on the reverse to set your blood pressure goal, make note of your current levels and monitor progress.



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blood pressure tracker

Name: _____

My blood pressure target goal is: _____ / _____ mm Hg

DATE/TIME	BLOOD PRESSURE	HEART RATE/PULSE
1/1 at 8 a.m.	125/72 mm Hg	81 beats per minute (BPM)

Visit >>> mywha.org/hearthealth to sign up for our e-newsletter

This analysis is provided for educational purposes and not intended to replace the advice of your primary care physician (PCP) or other health care providers. Only medical professionals who examine you can give you medical advice or diagnose medical problems. You should discuss your blood pressure with your PCP and begin diet and/or exercise modification only after consulting with your PCP.