



February 360° Health and Wellness

Why Your Blood Pressure is Important

High blood pressure raises your risk for heart disease and stroke, which are leading causes of death in the United States. It's also a symptom of other health conditions, such as diabetes. Fortunately, it's often preventable and treatable! Know your numbers and be aware so you can be your healthy best.

Measuring your blood pressure regularly is important, so we're thankful it is quick and painless. You can check your blood pressure at your local pharmacy, at your doctor's office, and even at home!

What If I Have High Blood Pressure?

Your doctor will recommend lifestyle changes that directly impact your blood pressure, such as those listed below. Medications are often prescribed as well. These medications will lower your blood pressure and your risk for other high blood pressure-related conditions. If you do take medication, follow your health care team's instructions. Always ask questions if you don't understand, and never stop taking your medication without first talking with your doctor, nurse, or pharmacist.

What do the numbers mean?

Systolic—This is the first number of your blood pressure. It measures the pressure in your vessels when your heart beats.

Diastolic—This is the second number of your blood pressure. It measures the pressure in your vessels when your heart rests between beats.

Blood Pressure Levels

Normal: systolic less than 120, diastolic less than 80

At risk (hypertension): systolic 120-139, diastolic 80-89

High: systolic 140 or higher, diastolic 90 or higher



Controlling Blood Pressure with Lifestyle Changes

Your lifestyle choices put you in charge of your health! Lower your risk for high blood pressure by making these key changes.



Eat a healthy diet rich with fruits and vegetables but low in sodium (salt), total fat, saturated fat, and cholesterol.



Walk at least 30 minutes a day. Even three, 10-minute walks is enough to improve heart health and blood pressure.



Do not smoke. If you already smoke, try to quit. For tips on quitting, visit smokefree.gov.

Courtesy of the CDC, <https://www.cdc.gov/bloodpressure/index.htm>

The information provided is meant for a general audience. It is not a substitute for services or advice received from your health care providers who are the only ones that can diagnose and treat your individual medical conditions. Capital BlueCross and its affiliated companies believe this health education resource provides useful information but do not assume any liability associated with its use. If you have any questions about the information, please contact your health care provider. Capital BlueCross is an Independent Licensee of the BlueCross BlueShield Association serving 21 counties in Central Pennsylvania and the Lehigh Valley.