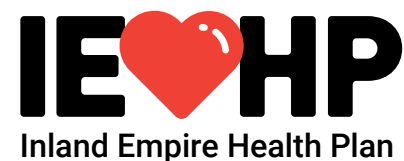


Managing Blood Pressure



Healthy habits can prevent high blood pressure.

What is blood pressure?

Your heart is a muscle that pushes blood through vessels in your body. Blood pressure is the force of your blood pushing against the walls of your blood vessels.

There are two numbers you see on a blood pressure reading:

- The top number measures the force of blood as your heart contracts and pumps. This is known as **Systolic Blood Pressure**.
- The bottom number measures the force when your heart is resting between beats. This is called **Diastolic Blood Pressure**.

Know your numbers

Get your blood pressure checked at a drug store, your doctor's office, or at home with your own blood pressure cuff. Find your reading on the following chart.

Note: One high reading does not mean high blood pressure. But, high readings over time could mean your heart is working too hard.

What the numbers mean:

	Top Number	Bottom Number
Normal	Below 120	Below 80
At-Risk for High Blood Pressure	120 – 129	Below 80
High Blood Pressure		
Stage 1	130 – 139	80 – 89
Stage 2	140 and Higher	90 and Higher

Before you check your blood pressure:

1. Don't smoke, drink anything with caffeine, or exercise for 30 minutes.
2. Sit in a chair with your back straight and your feet flat on the ground.
3. Relax and rest for five minutes.

Tips to control blood pressure

- Eat a healthy diet, high in fresh fruits and vegetables that is low in fat and salt.
- Cut back on processed foods and cooking with salt. Add more fresh herbs for flavor instead!
- Limit alcohol (no more than two drinks a day for men and one drink a day for women).
- Avoid or quit smoking.

- Aim for at least 40 minutes of exercise, 3 to 4 days a week.
- Maintain a healthy weight.
- Lower your stress level.
- If you have high blood pressure, check it daily and take your medicine as prescribed.

High blood pressure risks

High blood pressure often has no symptoms, but may put you at risk for heart attacks, strokes, and heart or kidney disease.

Want to learn more?

Visit these websites:
NHCI – American Heart Association
<https://nhci.heart.org/>

The Centers for Disease Control and Prevention
<https://www.cdc.gov/bloodpressure/index.htm>



Learn ways to prevent or control high blood pressure.

- Get started by visiting www.iehp.org and choosing the “Learning Center” tab.
- Under “Classes,” find free exercise and health care classes in the Inland Empire.
- Talk with your doctor about what classes would be right for you.



Member Services

1-800-440-4347

1-800-718-4347 TTY

Monday-Friday, 7am-7pm
Saturday-Sunday, 8am-5pm

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