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| *This message is part of an email series offering tips for good health and advice to help you understand and get the most out of your Premera Blue Cross health plan.* |
| 4 tips to keep your blood pressure downHigh blood pressure is known as the “silent killer.” Many people don’t know they have it. When left untreated, high blood pressure can lead to stroke, heart attack, and heart or kidney failure.Follow these 4 lifestyle tips to keep your blood pressure in check:1. Get to know your blood pressure by getting it checked.
2. Maintain a healthy weight.
3. Exercise regularly.
4. Eat a diet rich in fruits and vegetables, whole grains, and foods low in salt.

**Did you know?**Blood pressure is always given as two numbers.* **Systolic pressure**, the top (and higher) number, refers to the pressure of blood in the artery when the heart contracts.
* **Diastolic pressure**, the bottom (and lower) number, refers to the pressure of blood in the artery when the heart relaxes between beats.

 If your blood pressure reading is 120/80, you say it is “120 over 80.”TIPYou can get your blood pressure checked during a preventive care visit! |
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