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# Nearly half of American adults have hypertension.\*

High blood pressure is called the “silent killer” because there are often no symptoms. Your blood pressure numbers are your only warning.

A la presión arterial alta se la llama “el asesino silencioso” porque a menudo no produce síntomas. Sus valores de presión arterial son su única advertencia.

**INSIDE: Tips to help lower blood pressure and protect your heart.**



**ADENTRO ENCONTRARÁ: Consejos para ayudar a reducir la presión arterial y proteger el corazón.**





## 120 million

About half of American adults have high blood pressure,\* also called hypertension.

High blood pressure significantly increases your risk for heart attack, stroke, heart failure, and kidney disease.



## Risk factors you **cannot** control

- Family history
- Race or ethnicity
- Age
- Gender



## Risk factors you **can** control

- See your doctor regularly
- Take medications as prescribed
- Manage stress
- Lose weight
- Decrease salt
- Stop using tobacco products
- Limit alcohol
- Increase activity

## SCORE a healthy heart with these tips:

**S**ee your doctor for regular checkups and to discuss your medications.

**C**heck your blood pressure and keep track of readings.

**O**bserve what makes you stressed and find ways to manage it.

**R**educe salt in your diet, limit alcohol, and stop using tobacco products.

**E**xercise and find other ways to stay active.

To find out about your health plan benefits, sign in to your account at **premera.com**.

Para obtener información sobre los beneficios de su plan de salud, inicie sesión en su cuenta en **premera.com**.

## A primary care provider (PCP) can help manage your care

The most powerful tool on your healthcare journey is a primary care provider who knows you well and can guide and support your care with regular preventive visits. Need a primary care provider? Sign in to your account at **premera.com** to use the **Find a Doctor** tool.



Scan this QR code with your smart phone—go to **premera.com** and under **Explore Resources** click **Care Essentials/Hypertension** to learn more about managing high blood pressure.

No web access? Call the customer service number on the back of your member ID card to request information.

Escanee este código QR con su teléfono inteligente o visite **premera.com** y en **Explore Resources** (Explorar recursos), haga clic en **Care Essentials/Hypertension** (Aspectos esenciales de atención/hipertensión) para obtener más información sobre cómo controlar la presión arterial alta.

¿No tiene acceso a la web? Llame al número de Servicio al Cliente en el reverso de su tarjeta de identificación de miembro para solicitar información.

\*Hypertension prevalence and control estimates among U.S. adults aged 18 years and older applying criteria from the American College of Cardiology and American Heart Association's (ACC/AHA) 2017 Hypertension Clinical Practice Guideline, by sex, age and race-Hispanic origin –NHANES 2015–2018.

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