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# Let's go, team!

## Working together for a healthy heart.

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: Winning tips for a healthy heart!** ▶

**ADENTRO: ¡Consejos valiosos para un corazón sano!** ▶



## 116 million

One in two American adults lives with 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

- How regularly you see your doctor
- Whether you take your blood pressure medications as prescribed
- Your stress level
- Your weight
- Your food choices
- Tobacco use
- Alcohol use
- Your activity level

## You can make the plays and **SCORE** a healthy heart:

**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 unhealthy eating, drinking, and smoking habits.

**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**.

## Be part of a winning game plan!

Use the QR code below to find out more about high blood pressure and what you can do to stay healthy. Managing your high blood pressure is possible.



Scan this QR code with your smart phone—or go to **premera.com/healthlink/hypertension**—to find out more about managing your 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/healthlink/hypertension** para obtener más información sobre cómo mejorar su 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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