

Tips For Getting an Accurate Reading

- 1 PREPARE.** Don't drink caffeinated drinks, smoke or exercise before the test. Empty your bladder beforehand, too.
- 2 SIT CORRECTLY.** Keep your back straight, your feet flat on the floor and your legs uncrossed. Remain still.
- 3 TAKE NOTE.** Take several readings and note the time and date of each reading.



LEARN MORE AND GET HELP

HEART.ORG/HIGHBLOODPRESSURE: Find healthy recipes, online trackers and more tips for controlling high blood pressure.

NYC.GOV/HEALTH: Learn more about local resources, including a list of pharmacies where you can get blood pressure checked and support for quitting smoking.

METROPLUS.ORG: See how MetroPlus Health Plan helps members stay healthy.



METROPLUS.ORG 1.855.809.4073
160 Water Street, 3rd Floor, New York, NY 10038



For information about
MetroPlus Health Plan call
1.800.475.METRO.

www.MetroPlus.org

 facebook.com/MetroPlusHealth

 twitter.com/MetroPlusHealth

 youtube.com/HHCMetroPlusHealth

TAKE CONTROL



HOW TO
MANAGE
HIGH BLOOD
PRESSURE



MetroPlus.org

Blood Pressure Basics

What is blood pressure?

Blood pressure is a measurement of how hard your blood is pushing against your blood vessel walls. It's written as two numbers in a fraction. For example, 130/70 mm Hg. The top number (systolic) is the pressure when your heart beats. The bottom (diastolic) is the pressure when your heart rests.

What is high blood pressure?

When you have high blood pressure, it means blood is pushing too hard against the walls of your vessels and arteries. Over time, this can hurt your heart and your veins. If you don't treat it, high blood pressure can lead to a heart attack, stroke and heart failure.

What are the symptoms of high blood pressure?

High blood pressure has no warning signs or symptoms. Left untreated, it increases your risk of heart disease and stroke.

How do I know if I have high blood pressure?

High blood pressure doesn't have symptoms. That means you won't know if you have it. That's why you need to test your blood pressure regularly. You can check your blood pressure at the doctor's office, at a local pharmacy or at home.

What Are Your Numbers?

An ideal blood pressure reading is when the top number is less than 120 and the bottom number less than 80.

Use this space to fill in your blood pressure reading and today's date. Ask your doctor to fill in your blood pressure goal.

DATE: _____

MY BLOOD PRESSURE: _____

MY GOAL: _____



HOW TO CONTROL YOUR BLOOD PRESSURE





High blood pressure can be a serious problem—but only if you don't make changes to lower it. There are many things you can do to help control your blood pressure.

- **Take your blood pressure medication.** Be consistent. Don't stop just because you feel fine. Always talk to your doctor if you are having trouble taking your medication.
- **Eat a heart-healthy diet.** This means limiting your salt, sugar and fat. Include plenty of vegetables, fruits and whole grains.
- **Exercise.** A daily exercise routine can help lower your blood pressure. Discuss the best fitness options with your doctor.
- **Control your stress.** Meditation, yoga and staying active can help you relax. If you can, avoid things that make you feel anxious.
- **Watch your waistline.** Carrying too much weight around your waist can increase your risk of hypertension. A healthy diet and exercise can help shed those extra pounds.



- **Quit smoking.** Every cigarette you smoke increases your blood pressure. Just two hours after your last cigarette, your blood pressure goes down.
- **Monitor your blood pressure.** See your doctor regularly, check your pressure at a local clinic or pharmacy or test your blood pressure at home.

A GOOD DIET HELPS HYPERTENSION

LIMIT FATS	CUT THE SALT	EAT FRESH	DRINK WATER
 <p>Saturated fats are mostly found in animal products, like meat and dairy. Replace saturated fats with healthy fats, like fish, nuts and vegetable oils.</p>	 <p>Look for low-sodium or low-salt options of your favorite foods. Don't add salt to your foods. Instead, add flavor with spices.</p>	 <p>Avoid processed, prepared foods. These are typically high in sodium and fat. They often lack the nutrients your body needs.</p>	 <p>Replace sodas, sugary drinks and alcohol with water or seltzer. Add healthy flavor to your water with a little juice or a slice of fruit.</p>