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**English:** If you do not speak and/or read English, please call **1-800-408-7511 (TTY 1-800-570-1190)**, available 24 hours a day, seven days a week. A representative will assist you.

**Español:** Si no habla y/o lee inglés, llame al **1-800-408-7511 (TTY 1-800-570-1190)**, línea disponible las 24 horas del día, los siete días de la semana. Un representante le ayudará.

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**Tiếng Việt:** Nếu quý vị không nói và/hoặc đọc Tiếng Anh, vui lòng gọi **1-800-408-7511 (TTY 1-800-570-1190)**, 24 giờ một ngày, bảy ngày một tuần. Sẽ có người đại diện hỗ trợ quý vị.

**繁體中文:** 如果您不會講或讀英文，請致電 **1-800-408-7511 (TTY 1-800-570-1190)**，此電話每天 24 小時，每週 7 天開通。您將得到一位服務代表的協助。

**한국어:** 영어를 말하거나 읽지 못하는 경우, 365일 24시간 이용 가능한 **1-800-408-7511 (TTY 1-800-570-1190)**번으로 전화하십시오. 직원이 도와드릴 것입니다.

**Français:** Si vous ne parlez, ni ne lisez anglais, veuillez appeler au numéro **1-800-408-7511 (TTY 1-800-570-1190)**, disponible 24 heures sur 24, 7 jours sur 7. Un représentant pourra vous aider.

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Any individual depicted is a model.



## High Blood Pressure (Hypertension) – Keep Your Heart Happy!

**Hypertension, or high blood pressure, is a common condition that affects your body's arteries.** It occurs when the force of the blood pushing against the artery walls is time, and again, too high, making your heart work harder to pump blood.<sup>1</sup> Over time, too much pressure can wear things down, especially in your body. With a few simple lifestyle changes, you can keep your heart strong and your blood pressure in check.

# Understanding Hypertension



## Your blood pressure has two numbers:

- 1. Systolic** (Top Number)  
Pressure when your heart beats.
- 2. Diastolic** (Bottom Number)  
Pressure when your heart rests.

The American Heart Association (AHA) uses four numbers to categorize blood pressure:<sup>2</sup>

CATEGORY	<b>SYSTOLIC</b> (Top Number)	<b>DIASTOLIC</b> (Bottom Number)
Normal	Less than 120	Less than 80
Elevated	120 – 129	Less than 80
High (Stage 1)	130 – 139	80 – 89
High (Stage 2)	140+	90+

**A healthy blood pressure is 120/80 or under!**

## Using a Blood Pressure Cuff

You may have to use a blood pressure cuff to measure your blood pressure. It is important to use it correctly to get an accurate reading. Scan this QR code for instructions on how to use a blood pressure cuff.



## Managing & Preventing Hypertension – Small Changes, Big Impact

- **Eat clean.** Consume less salt and more fruits and vegetables.
- **Get moving.** 30 minutes of movement or exercise a day can help lower blood pressure.
- **Reduce stress.** Deep breathing, meditation, or relaxing music can be helpful.
- **Stay on track with medication.** If prescribed, take your medication as directed.
- **Doctor's visits and screenings.** Visit your primary care provider (PCP) for regular health screenings.

## My Blood Pressure Readings

If you have a blood pressure cuff, record your blood pressure readings and bring them with you to your PCP. This will help your provider care for you. You can use the table below to record your readings.

### My Blood Pressure Readings

Date	Time	<b>SYSTOLIC</b> mm Hg (Top Number)	<b>DIASTOLIC</b> mm Hg (Bottom Number)

## Need help?

Call the AmeriHealth Caritas DC Community Outreach Solutions team at **202-216-2318** or visit **[www.amerihealthcaritasdc.com](http://www.amerihealthcaritasdc.com)** to learn more about our services and how we can help you.

### SOURCES

1. <https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/symptoms-causes/syc-20373410>
2. <https://www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8/how-to-manage-blood-pressure-fact-sheet>