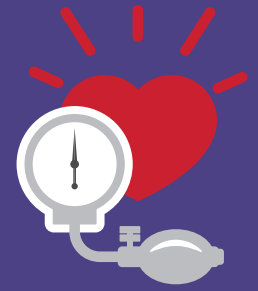


How to Prevent or Control High Blood Pressure

You can lower your blood pressure and reduce your risk of heart disease by making these lifestyle changes.



LOSE EXTRA POUNDS

1.



Blood pressure often **rises** when you gain weight, leading to more health issues! Take control of your health.

BE ACTIVE

2.



Take a brisk **10 minute** walk **3 times a day**, **5 days a week**.



EATING A HEALTHY DIET

3.



Keep a food diary. Keep track of what you eat. Write down how much and at what time you ate.

Boost potassium. Potassium can lessen the effects of sodium on blood pressure. Eat more fruits and veggies and talk to your provider about the best potassium level for you.

Be a smart shopper. Read food labels when you shop and stick to your healthy eating plan!

REDUCE SODIUM IN YOUR DIET

4.



Eat less processed foods. Only a small amount of sodium occurs naturally in foods. Most sodium is added during processing.

Don't add salt. One teaspoon of salt has **2,300 mg of sodium**. Use herbs or spices to add flavor to your food!

LIMIT ALCOHOL

5.

Limit yourself to **less than 3 drinks** in a sitting.



QUIT SMOKING

6.

Join a support group or a program to help you quit smoking.






REDUCE STRESS

7.

Take 15 to 20 minutes a day to sit quietly, breathe deeply or do an activity you love.



BLOOD PRESSURE LEVELS

Normal 	Systolic: Less than 120 mmHg Diastolic: Less than 80 mmHg
At risk (prehypertension) 	Systolic: 120-139 mmHg Diastolic: 80-89 mmHg
High (hypertension) 	Systolic: 140 mmHg or higher Diastolic: 90 mmHg or higher



Work with your Health Care Team

Your provider may give you medications and suggest lifestyle changes. Follow your provider's instructions and stay on your medications. Do not stop taking your medications before talking to your provider or pharmacist.



Take control of your health!

Call MeridianComplete (Medicare-Medicaid Plan) at **1-855-580-1689** (TTY users should call **711**),

Monday - Sunday, 8 a.m. to 8 p.m. for assistance scheduling an appointment to see your provider.

MeridianComplete is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1-855-580-1689** (TTY: **711**).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-855-580-1689** (TTY: **711**).

