

Do You Have High Blood Pressure?



Did you know?

When you have high blood pressure (also called HBP or hypertension), the increased force of blood flow may put extra strain on your heart and blood vessels. Over time, this extra strain may increase your risk of heart attack, stroke, or other condition.

However, many people who have high blood pressure do not experience any symptoms or even know they have it. The best way to know if you have high blood pressure is to have your blood pressure measured by your doctor or healthcare professional. Understanding your blood pressure numbers is key to controlling high blood pressure.

Do you have high blood pressure? (Please refer to chart.)

Normal Blood Pressure (<120 mm Hg and <80 mm Hg)

Recommendations: Healthy lifestyle choices and yearly checks.

Elevated Blood Pressure (120-129 mm Hg and <80 mm Hg)

Recommendations: Healthy lifestyle changes, reassessed in 3-6 months.

High Blood Pressure / Stage 1 (130-139 mm Hg or 80-89 mm Hg)

Recommendations: 10-year heart disease and stroke assessment. If less than 10% risk, lifestyle changes, reassessed in 3-6 months. If higher, lifestyle changes and medication with monthly follow-ups until blood pressure is controlled.

High Blood Pressure / Stage 2 (≥ 140 mm Hg or ≥ 90 mm Hg)

Recommendations: Lifestyle changes and 2 different classes of medicine, with monthly follow-ups until blood pressure is controlled.

Hypertensive Crisis (> 180 mm Hg and/or ≥ 120 mm Hg)

Recommendations: Medical attention is required. If your blood pressure readings suddenly exceed 180/120 mm Hg with no other symptoms, wait 5 minutes and test again. If your readings continue to be unusually high, call your doctor immediately. If you are experiencing chest pain, shortness of breath, numbness/weakness, difficulty speaking, or a change in vision, do not wait to see if your pressure comes down on its own. Call 9-1-1.

Systolic

Diastolic

< 120 mm Hg

AND

< 80 mm Hg

120 - 129 mm Hg

AND

< 80 mm Hg

130 - 139 mm Hg

OR

80 - 89 mm Hg

≥ 140 mm Hg

OR

≥ 90 mm Hg

> 180 mm Hg

AND / OR

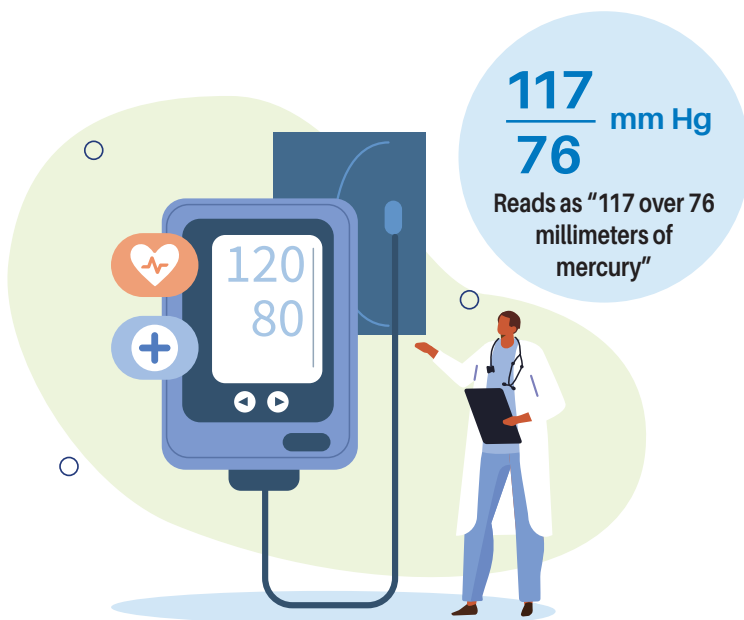
> 120 mm Hg

< less than, > greater than
 \geq equal to or greater than

Blood pressure numbers and what they mean

Your blood pressure is recorded as two numbers:

- **Systolic blood pressure (the upper number)**
— indicates how much pressure your blood is exerting against your artery walls when the heart beats.
- **Diastolic blood pressure (the lower number)**
— indicates how much pressure your blood is exerting against your artery walls while the heart is resting between beats.



How to lower your blood pressure

You can fight back against this symptomless “silent killer” that quietly damages blood vessels and leads to serious health threats including stroke, heart failure, vision loss, heart attack, kidney disease/failure, and more.

Here’s how:

- Limit salt intake
- Scale back alcohol consumption
- Eat a well-balanced diet
- Increase your daily physical activity
- Maintain a healthy weight
- Stick to your medication schedule
- Quit smoking
- Consult your doctor for additional guidance

Helping you reach your goals is important to us. The health education team is here to help support and encourage your dietary lifestyle changes for better health.

HealthyWay SMALL CHANGES. BIG RESULTS. Whether you are taking steps to stay healthy, coping with stress, in need of a new fitness regimen, or managing serious illness, you’ll find a variety of programs and resources offered by the Health Education Team. We are here to help you live your life the HealthyWay! Browse and RSVP to virtual and in-person classes, workshops, and events on healthywayevents.com. We also invite you to visit our video library complete with pre-recorded videos on health and wellness, chronic disease management, exercise, and more! Visit videos.healthywayevents.com.

For any questions or more information, please contact memberhealth@regalmed.com.

Individual recommendations need to come from your doctor.

Sources: Adapted from the American Heart Association News (news.heart.org/don't-just-get-your-bp-taken-make-sure-its-taken-right-way). <https://www.heart.org/>

The contents provided are for informational purposes only and not intended to be a substitute for professional medical advice, diagnosis, or treatment. Please consult with your physician or other qualified health provider prior to changing your diet, starting an exercise regimen, or with any questions that you may have about your health or medical condition.