



Managing High Blood Pressure

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Hi, my name is _____, and I am a _____. Thank you for taking time to learn about ways to manage High Blood Pressure.

Food is a tool that we can use to stay healthy. For people with High Blood Pressure, the food we eat can help to manage our blood pressure along with exercise and medication. At Aetna Better Health, we are here to help you each step of the way.

What is High Blood Pressure?

High Blood Pressure (also called Hypertension) is when the force of blood flowing through your veins is too high.

Let's talk more about High Blood Pressure.

<https://www.aetna.com/better-health/conditions/high-blood-pressure>



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High Blood Pressure, which is also called hypertension, is when the force of the blood moving through your veins is too high.

Let's talk more about High Blood Pressure and some of the things you can do to manage it.



It's important to manage High Blood Pressure to avoid serious health problems such as:

- Organ Damage to your heart, brain, kidneys and eyes.
- Heart attacks, stroke, or kidney disease.



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Managing High Blood Pressure can help to avoid other health problems like problems with the heart, brain, kidneys, and even the eyes.

If blood pressure stays too high too long, it can even cause a heart attack or stroke.



What causes High Blood Pressure?

- 1) People with Diabetes are more likely to have High Blood Pressure.
- 2) Eating too much Sodium
- 3) Not eating enough Potassium
- 4) Not getting enough exercise
- 5) Being obese, or very overweight
- 6) Drinking too much alcohol
- 7) Using tobacco products like cigarettes or cigars
- 8) Stress
- 9) Family history of high blood pressure can also increase the risk

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Many things can cause high blood pressure. Having diabetes can make you more likely to have high blood pressure. Eating too much salt, not getting enough exercise, and being overweight can add to high blood pressure. Also, drinking too much alcohol, smoking, stress, and family members having high blood pressure can all add to high blood pressure.

Hypertension – Member Webinar



Normal blood pressure is less than 120/80

Your doctor's office will check your blood pressure at each visit



Elevated blood pressure is 120-129/80

You can check your blood pressure at the pharmacy when you pick up medication



High blood pressure is 130/80 or higher

You can check your blood pressure at home with a home monitor

Know your numbers and check your blood pressure often



High Blood Pressure Symptoms and Causes | Aetna.gov

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If you have high blood pressure, you will need to check it often. Your doctor will check it each time you are in the office for a visit, but you can also check it when you pick up your medicine at the store. You might also be asked to check your blood pressure at home.

Normal blood pressure is 120/80. You should talk to your doctor to know when you should call the office or go to the hospital if your numbers get too high.



Let's talk about food

Avoid foods high in fat and salt:

- Table salt
- Butter
- Salad dressing
- Bacon
- Sandwich meats
- Salted nuts
- Canned food and soup
- Fried food
- Fast food



Let's talk about food. It is good to know what foods are bad for high blood pressure. Foods that are high in salt and fat such as table salt, butter, salad dressing, bacon, sandwich meats, salted nuts, canned food and soup, fried food, and fast food are all high in salt or fat and can increase your blood pressure.



Foods you should eat:

- Lowfat milk and yogurt
- Lean meat
- Skinless turkey and chicken
- Fresh or frozen fruits and vegetables – green, orange, and red fruits and vegetables are higher in potassium and can help lower blood pressure
- Plain rice, pasta, and potatoes
- breads



Many foods will not increase blood pressure like low fat-milk and yogurt, lean meat, turkey and chicken without the skin. Fresh or frozen, not canned, fruits and vegetables, plain rice, pasta, potatoes, and bread are all great foods to eat.



Exercise can also help keep blood pressure lower.

- It can help manage stress
- It can help manage weight

So, let's get moving!



We cannot forget exercise. While exercise is great for keeping us healthy, it is also very good for managing stress and weight. So, let's get moving!

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Managing stress is an important part of managing High blood Pressure. Below are some ideas on ways to manage stress.

- Exercise
- Yoga & Meditation
- Reduce Caffeine intake
- Take time for yourself to do things you enjoy
- Talk to a friend



Managing Stress

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Managing stress is also an important part of managing high blood pressure. Exercise, yoga and meditation, not drinking too much caffeine, taking time to do things that you enjoy, and talking to a friend are all things you can do to help manage stress.

Medications

Your doctor might give you medication to help manage your blood pressure.

It is very important to take your medicine at the same time each day.

You might also need to check your blood pressure at home and write it down to give to your doctor at your visits.

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Medicine can also help to take care of high blood pressure. If your doctor gives you a medicine, you will need to take it at the same time each day. Your doctor might also ask you to check blood pressures at home and write them down to share at your next visit.



Let's recap

- 1) **Check your blood pressure regularly at your doctor's office, at your pharmacy, and at home**
- 2) **Eat a healthy diet with less salt and less fat**
- 3) **Eat more fruits and vegetables**
- 4) **Stay active**
- 5) **Do not use tobacco products**
- 6) **Take your medications at the same time everyday**

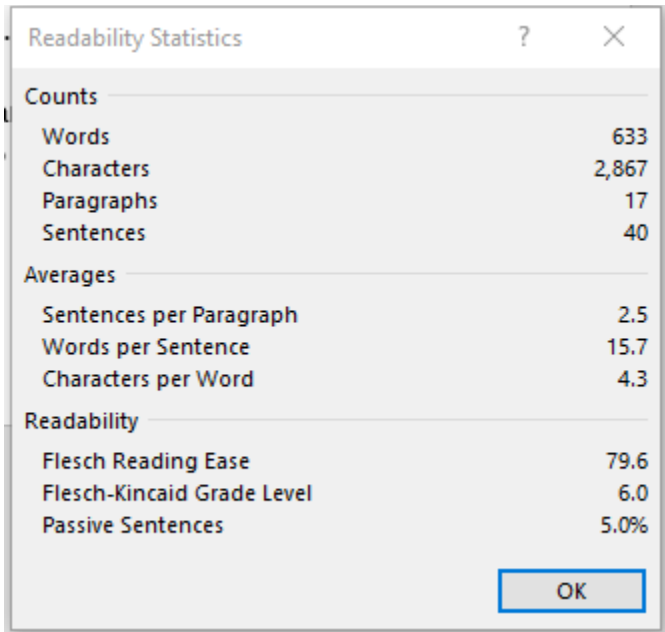
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Let's review. Check your blood pressure at office visits and even at home. Eat a healthy diet with less salt and less fat. Eat more fresh fruits and vegetables, stay active, manage stress. Do not use tobacco products like cigarettes and take your medicine at the same time each day.



Thank you for your time, I hope you found the webinar helpful. Please take a moment to answer a few questions by clicking the survey link below the webinar. If you have any questions, please contact Aetna using the phone number on the back of your card. Thanks again, have a great day, and remember that Aetna Better Health is with you every step of the way.

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Sentences per Paragraph	2.5
Words per Sentence	15.7
Characters per Word	4.3
Readability	
Flesch Reading Ease	79.6
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