



Take control of your blood pressure

Lifestyle changes can help keep it in check

High blood pressure, also known as hypertension, is often called a “silent killer” because it may not show symptoms until it leads to serious problems, like heart attack, stroke, or kidney disease. That’s why it’s important to check your blood pressure regularly and take steps to lower it if it’s high.

50%

of adults in the U.S. have high blood pressure and many of them don’t even know they have it.¹

1,400

average number of people who die every day from high blood pressure - related causes.²

How high blood pressure affects the body

Blood pressure is a measure of the force of your blood flow pushing against the walls of your arteries. High blood pressure is when that force is too strong. This harms the artery walls and makes your heart and blood vessels work harder. Over time, high blood pressure can cause damage to the heart, brain, and other organs.





Controlling your blood pressure

These healthy habits can all work together to help lower blood pressure:

- Exercise regularly
- Maintain a healthy weight
- Manage stress
- Get enough sleep
- Eat a heart-healthy diet
- Quit or avoid smoking
- Drink alcohol in moderation or not at all
- Take blood pressure medication, if your doctor recommends it

Talk to your doctor about:

- Regular blood pressure checkups.
- Your numbers to better understand what they mean.
- Blood pressure medication and how to take it properly.
- Cough, cold, or flu medicines that can raise your blood pressure or interfere with your blood pressure medication.

Know your numbers

Make sure you and your doctor regularly check these four measurements:

- Cholesterol
- Blood pressure
- Blood sugar
- Body mass index (BMI)

Learn how these [measurements](#) play a role in keeping your heart at its best.



To find a doctor, use the Find Care & Cost feature in the SydneySM Health app or Find Care at [anthem.com/ca/find-care](https://www.anthem.com/ca/find-care).