



Controlling Blood Pressure

Knowing your blood pressure numbers is important. When your blood pressure is high, your heart, blood vessels, kidneys and other parts of your body could be experiencing undetected damage. High blood pressure or hypertension usually shows no signs or symptoms.

What is blood pressure?

Blood pressure is a measure of both systolic and diastolic pressures. Someone with a systolic pressure of 120 and a diastolic pressure of 80 has a blood pressure of 120/80 or “120 over 80.”

- The systolic number shows how hard the blood pushes when the heart is pumping.
- The diastolic number shows how hard the blood pushes between heartbeats, when the heart is relaxed and filling with blood.

How to lower your blood pressure

- Losing 5-10 % of your weight can help decrease blood pressure.
- If you are a person who smokes, talk to your doctor about a quit plan.
- Eat a heart healthy diet with whole grains, vegetables, fruits and low-fat dairy products.
- Reduce the amount of sodium in your diet to less than 1,500 milligrams per day.
- Find ways to get active, such as by taking a walk at least 30 minutes a day, several days a week.
- Reduce stress by doing deep breathing exercises and meditating.

Weekly SMART GOAL

To manage
my stress,
I will unplug from
technology for
15 minutes,
every day.

(continued)

Know Your Numbers

Normal	Less than 120/80
Prehypertension	120-129/Less than 80
Stage 1 High Blood Pressure	130-139/80-89
Stage 2 High Blood Pressure	140 and above/90 and above
Hypertensive Crisis <i>(consult your doctor immediately)</i>	Higher than 180/120

Sources: *mayoclinic.org, HealthMedia.Inc, nhlbi.nih.gov*

Connect with a Care Manager who can assist in coordinating your healthcare needs.

Call 208-387-6924 or 800-627-6655, or email caremanagement@bcidaho.com.

Get tips on how to stay healthy and use your plan benefits. Visit bluebulletin.bcidaho.com.