



February

Member Newsletter





Blood pressure screening is key

Get more than one reading. Several factors can affect a blood pressure reading, including anxiety at doctor visits, plus what you eat, drink, or do beforehand. To get an accurate reading:

- Don't eat or drink anything 30 minutes before you take your blood pressure
- Empty your bladder beforehand
- Sit comfortably for five minutes, and rest your arm with the cuff (placed on bare skin as opposed to clothing, if possible) at chest height
- Don't talk while your blood pressure is being measured

Understand your numbers. Blood pressure is measured with two numbers. The top number (systolic pressure) measures the pressure when your heart beats. The bottom number (diastolic pressure) measures the pressure in your arteries when your heart rests between beats. A normal blood pressure is less than 120/80 mmHg (both numbers). Greater than 130/80 repeatedly is hypertension, based on the guidelines for the normal range. <https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure/what-is-high-blood-pressure>

Numbers staying high? Talk to your doctor about a plan to manage hypertension. Monitoring and healthy lifestyle measures are key. Depending on your readings and factors such as additional conditions and certain symptoms, you may need medication. Learn more at: <https://www.cdc.gov/bloodpressure/manage.htm>



Navigating the Details After a Loved One's Death

Visit HealthAdvocate.com/members to log onto your member website and access the EAP+Work/Life homepage. Click on Webinar.



American Heart Month

This year, the CDC is shining a light on hypertension, which is defined as consistently high blood pressure (above 130 mmHG systolic or 80 mmHG diastolic). It is the leading risk factor for heart disease, the primary cause of death in the United States. While nearly half of adults in the U.S. have hypertension, only 1 in 4 adults have their high blood pressure under control. Getting your blood pressure checked is the only way to tell if it's high. Then you can start taking the correct measures to control it—protecting your health, and even saving your life! For more information, go to:

<https://www.cdc.gov/bloodpressure/facts.htm>

<https://www.heart.org/en/health-topics/high-blood-pressure>