

Hypertension

What To Know



Keeping hypertension, or high blood pressure, in check requires regular tracking and lifestyle adjustments.

Checking Your Blood Pressure

Keep a record of your blood pressure self-checks. This will help you and your doctor make the most educated decisions about your treatment plan.

Your blood pressure is recorded as two numbers:

- **Systolic blood pressure (the top number)** – The systolic reading, or the top number, is the pressure your blood is pushing against your artery walls when your heart beats.
- **Diastolic blood pressure (the bottom number)** – The diastolic reading, or the bottom number, is the pressure in the arteries when the heart rests between beats.

Preventive Measures*

Preventative measures don't just lower blood pressure, they also increase effectiveness of drugs used to treat hypertension. To help keep your blood pressure in check, take preventive measures like:

☐ Exercise more often with at least 150 minutes of aerobic exercise or 75 minutes of vigorous exercise a week

☐ Eat a healthy diet that's low in salt

☐ Limit your alcohol intake
→ 2 drinks/day for men
→ 1 drink/day for women

☐ Quit smoking

☐ Manage stress

☐ Maintain a healthy weight

☐ Work with your doctor

Things to Note

If your blood pressure reading is particularly high, wait 2 or 3 minutes and then repeat the test. Blood pressure can rise simply as a reaction to cold temperatures, walking, or having a full bladder.

*These guidelines are provided by the American Heart Association (AHA) and are not intended to be substituted for advice given by a physician or licensed health-care professional.

Visit accesshmma.com to log in to your HMA account or if you have any questions, contact us by calling the Customer Care number on the back of your Member ID card.

Content sourced from the AHA Understanding Blood Pressure Readings <https://www.heart.org/en/health-topics/high-blood-pressure>

What Do Your Blood Pressure Numbers Mean?

Measured in mmHg	Systolic (top number)	Diastolic (bottom number)
Normal	Below 120	Below 80
Elevated	120 – 129	Below 80
High Blood Pressure (Stage 1)	130 – 139	80 – 89
High Blood Pressure (Stage 2)	Above 140	Above 90
Hypertensive Crisis **consult a doctor immediately**	Above 180	Above 120