

# PLANK 5

**TOOL:** Blood Pressure Patient Flyer (Arch Health Partners)

## *Have You Been Cuffed Lately?*

No, then it's time YOU get your blood pressure checked. Hypertension (High Blood Pressure) increases your risk for heart disease and stroke. The good news is blood pressure can be controlled, and people at any age can take steps each day to keep blood pressure levels normal.

## *Do You Know Your Numbers?*

If you have a family history of high blood pressure or a history of hypertension yourself, studies show that you should at least strive for an initial goal to keep blood pressure below



**140/90**



**Measure Up  
Pressure Down**  
American Medical Group Foundation

Arch Health Partners  
*Where healing begins*

### Healthy Diet

Eat a diet that is rich in fruits and vegetables and limit SALT intake. Take a look at the DASH diet for examples.

### Maintain Healthy Weight

Being overweight can raise blood pressure. Work with your provider on a healthy weight for YOU.

### Be Physically Active

The Surgeon General recommends that adults should engage in moderate physical activity for at least 30 minutes on most days of the week. If it has been awhile since you last exercised, check with your provider before you begin.

### Don't Smoke... If you do, set a date to quit

Smoking injures blood vessels! Smoking also increases your risk for heart disease and stroke.  
Want to quit? Call 1-800-NOBUTTS, or speak with your provider today.

### Limit Alcohol Use

Drink alcohol in moderation – no more than one drink per day for women and two drinks per day for men. Check with your provider on what's best for you.

*If you need help with controlling your blood pressure, schedule an appointment with your provider today 858-675-3100*

