

## Commit to lowering your blood pressure

Start by creating a plan with your healthcare provider to monitor and control your high blood pressure.

At times it may be challenging to stick to the plan, as a member of the Mohawk Health Plan, you have many resources available to you to help you through your journey. Healthy Life Navigators and other Healthy Life Team members are just a text away with the Spruce app. You can ask questions, share your numbers and get support.

To get the Spruce app: Text "Hi" to 877-365-0051 or go to [mymohawk-benefits.com/hlct](http://mymohawk-benefits.com/hlct)

Commit to:

- taking your medication as prescribed, if applicable.
- monitoring your blood pressure with regular checks.

Remember to talk to your healthcare provider about changes in your blood pressure, new or different symptoms and your medications.

It is important to be honest with your healthcare provider about your condition.

*Please note: This information is for educational purposes only and not intended to take the place of your personal physician's advice or to diagnose, treat, cure or prevent any disease. Always consult with your physician or healthcare provider to determine what is right for you.*



## HYPERTENSION CARE PATH



Healthy Life Center  
Healthy Life Navigators  
Healthy Life Center Providers

Text or Call  
1-877-365-0051

[careteamsupport@cigna.com](mailto:careteamsupport@cigna.com)

## KEY POINTS FOR MANAGING HYPERTENSION

### REQUIRED

- BP Goal is < 140/90  
\_\_\_\_\_ Date achieved Blood pressure goal less than 140/90
- Member to adhere to medication regimen  
\_\_\_\_\_ % adherence—Take Medications as prescribed
- Annual biometrics  
\_\_\_\_\_ Date completed
- Annual physical exam  
\_\_\_\_\_ Date completed

### RECOMMENDED

- Preventive Screenings if due (Colonoscopy, Mammogram, PAP smear)  
\_\_\_\_\_ Date & test completed  
\_\_\_\_\_ Date & test completed  
\_\_\_\_\_ Date & test completed
- Nutrition education  
\_\_\_\_\_ Date completed
- Member to monitor BP at home  
Frequency \_\_\_\_\_ Take blood pressure at home

## Hypertension

High blood pressure or hypertension in arteries is chronically elevated. It forces the heart to work harder than normal, which is a major risk factor for heart attack, stroke and kidney disease. Preventative lifestyle changes.

High Blood Pressure or Hypertension damages blood vessels and increasing the workload of your heart.

If not controlled, it can lead to several major health conditions, including but not limited to:

- Heart attack
- Stroke
- Heart Failure
- Kidney Disease
- Vision loss
- Peripheral artery disease

Remember, small changes make a big difference over time.

### Blood pressure chart

	Systolic		Diastolic
<b>Normal</b>	less than 120	and	less than 80
<b>Elevated</b>	120-129	and	less than 80
<b>High Blood Pressure Stage 1</b>	130-139	or	80-89
<b>High Blood Pressure Stage 2</b>	140 or higher	or	90 or higher
<b>Hypertensive Crisis</b>	Higher than 180	and/or	Higher than 120