

A TIP FOR TENNESSEANS

February 7, 2017

What's your blood pressure telling you?

True or false? You can feel good but still have high blood pressure. If you answered "true," you're right. Blood pressure (BP) can be sneaky. It can go higher and have no [symptoms](#).¹ So, it's important to get yours checked regularly. Keeping your BP in a healthy range can help save your life. It can also help protect your heart, kidney, lung, eye and brain health.² Work with your doctor for healthy blood pressure. And ask about these [top 10](#) things that may help control yours naturally.

WHAT DO YOUR NUMBERS MEAN?

Your blood pressure shows up as two numbers: 1) **systolic (top)** tells the pressure when your heart beats; and 2) **diastolic (bottom)** tells the pressure when your heart rests. High blood pressure (hypertension) can raise your risk for heart attack, stroke and other possible health issues.

- **Normal:** < 120/80 mmHg
- **Pre-hypertension:** 120-139/80-89 mmHg
- **Stage 1 hypertension:** 140-159/90-99 mmHg
- **Stage 2 hypertension:** ≥ 160/100 mmHg



Want to take some pressure off?

Watch this short health coaching [video](#) to learn how it can help you reach or stay at a well-being goal.



QUICK LINKS

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ADVICE LINE:

1.888.741.3390

References:

- ¹ "What are the Symptoms of High Blood Pressure?" American Heart Association, 06 January 2017. Web. 16 January 2017. | ² "Health Threats from High Blood Pressure." American Heart Association, 16 December 2016. Web. 16 January 2017. | "10 ways to control high blood pressure without medication." Mayo Clinic, 30 May 2015. Web. 04 January 2016.



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