



Blood Pressure Guide



For HMSA Members

HMSA is here with you.

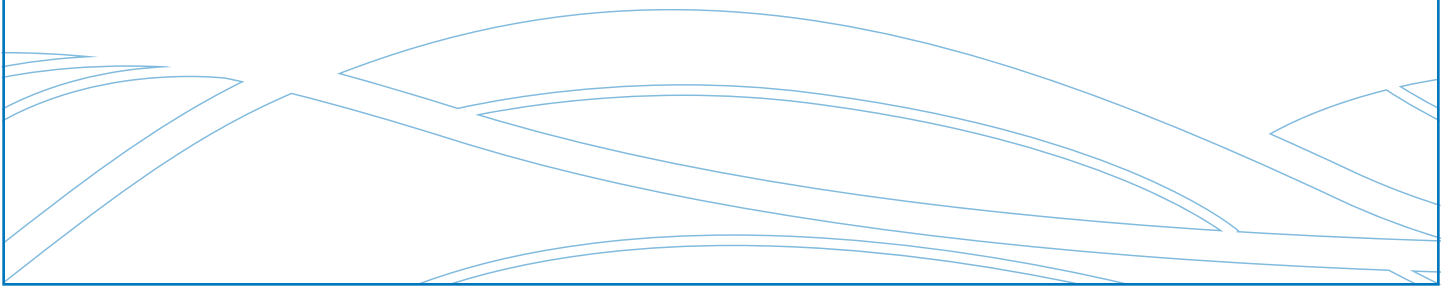


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What do you know about blood pressure?

Knowledge is power. This guide will help you learn more about your blood pressure and how to monitor and control it using your HMSA plan benefits, health and well-being resources, and visits to your primary care provider (PCP).

We hope this guide motivates you to use your benefits to reach your best health.

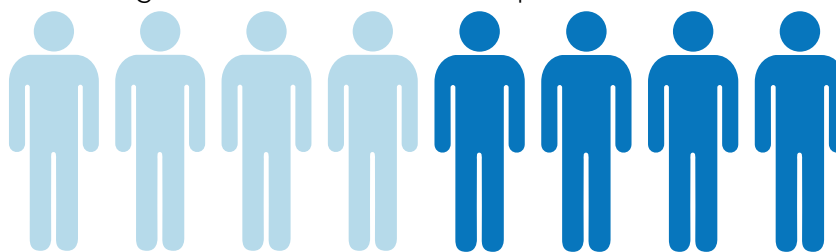
Did you know?

High blood pressure doesn't just happen to older adults. About one in four men and nearly one in five women age 35 to 44 have high blood pressure.

One in three Hawaii adults have high blood pressure ... and some don't even know it.

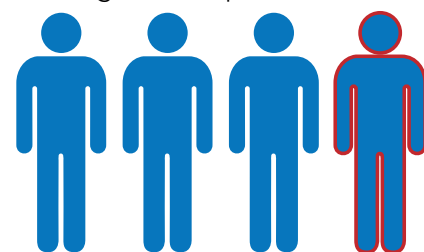
About 50% of adults

over the age of 20 have elevated blood pressure.



Only one in four adults

with high blood pressure has their condition under control.



What is high blood pressure?

High blood pressure, also referred to as hypertension, is when your blood puts too much pressure on the walls of the blood vessels it's flowing through. Think of your blood pressure like the air pressure in tires. If the air pressure goes too high, the tire could pop.

One in three adults in Hawaii has high blood pressure and many don't know they have it. High blood pressure is often called a silent killer because most of the time there aren't any obvious symptoms.

Left untreated, the damage it does to your circulatory system can lead to heart attack, stroke, and other health threats.

Some health risks of high blood pressure



- Blindness



- Heart attack and heart disease



- Kidney disease



- Stroke

Reduce your risk

The good news is there are many actions you can take to keep your blood pressure within a healthy range.

While there isn't a single cause of high blood pressure, it will help to reduce risk factors, such as stress, smoking, a poor diet, physical inactivity, or being overweight.

The best way to protect yourself is to work with your primary care provider, or PCP, and make lifestyle changes.

Know your category

Use this chart to understand your blood pressure reading. A reading higher than 120/80 means that there's too much pressure on the walls of your blood vessels.

Blood pressure category	Systolic mm Hg (upper number)	Diastolic mm Hg (lower number)
Normal	Less than 120	Less than 80
Elevated	120-129	Less than 80
High blood pressure stage 1 (hypertension)	130-139	80-89
High blood pressure stage 2	140 or higher	90 or higher
Hypertensive crisis	Higher than 180	Higher than 120

Talk with your doctor

- As an HMSA member, you're highly encouraged to visit your PCP at least once a year for a preventive checkup.
- This annual visit is a benefit available to you at little to no cost when seeing an in-network provider.
- If you have a PCP, make an appointment for an annual checkup to assess your overall health.
- If you don't have a PCP go to hmsa.com and click Find a Doctor. Or call (808) 948-6372 or toll-free 1 (800) 776-4672.



Blood Pressure Resources

These plan benefits are available to you at little or no cost:



Annual preventive checkup

This annual checkup with an HMSA participating PCP will help to assess your overall health. If you don't have a PCP, go to hmsa.com and click Find a Doctor. Or call (808) 948-6079 or 1 (800) 776-4672.



A dedicated health care team

A team of health care professionals, registered dietitians, and health coaches can supplement the care you receive from your PCP. To learn more, call 1 (855) 329-5461, option 1, Monday through Friday, 8 a.m.-5 p.m.

You can find hypertension resources at hmsa.com/well-being/health-well-being-support/hypertension. To learn more about our Condition Care Program, visit hmsa.com/well-being/condition-care-program or scan the QR code.



Personalized care

If you've been recently diagnosed with hypertension and have other chronic conditions, an HMSA representative from our health and well-being support team can help you better understand the benefits, programs, and health coaching that are available. Get the support you need. Call 1 (855) 329-5461, option 1, Monday through Friday, 8 a.m.-5 p.m. Or visit hmsa.com/well-being/health-well-being-support/.



Referrals to behavioral health care providers

HMSA's Behavioral Health Program can help alleviate the stress of managing your health conditions. Our behavioral health partner can help you choose a therapist or counselor, provide resources, and explain services available. To learn more about the program, call (808) 695-7700 or 1 (855) 856-0578.



Fun and interactive health education workshops

Participate in our fitness, nutrition, stress management, or other health and well-being workshops at no cost. To find a workshop and register, go to hmsa.com/healtheducation or call 1 (855) 329-5461, option 1, Monday through Friday, 8 a.m.-5 p.m.



Member discounts

Good health goes beyond visits to your PCP. Get discounts on products and services for your health and well-being, including specialty health care practitioners, gym memberships through the Active&Fit Direct® Program, and health and fitness brands through the ChooseHealthy® program. Learn more at hmsa.com/well-being/member-discounts/.



Island Scene

HMSA's health and well-being magazine has local stories about all the things that make life worth living, including recipes and local events. As an HMSA member, you'll receive a copy at no added cost. Or visit islandscene.com for more stories, tips, and videos.

Be sure to check your *Guide to Benefits* for your plan's specific benefits.

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How to lower your blood pressure



Work with your PCP to determine the best treatment for you. Together, you can set goals to improve your blood pressure.

A healthy lifestyle is important to managing your blood pressure. A healthy lifestyle, which affects your physical and mental well-being, includes:

- Staying physically active.
- Eating a healthy diet.
- Maintaining a healthy weight.
- Being tobacco-free.
- Limiting alcohol.
- Managing stress.
- Taking your medications properly.
- Having regular medical checkups with blood pressure checks.

Shake it up and move regularly!



Exercise can help prevent and lessen the effects of health conditions such as:

- Arthritis
- Diabetes
- Excess weight
- High blood pressure
- High cholesterol
- Stress



Mindful movement such as yoga and tai chi can:

- Improve mood
- Manage depression
- Reduce stress and anxiety



Before you begin an exercise program, check with your PCP to determine what type of exercise and how much of it is safe for you.

- Choose activities that are fun.
- Exercise with a friend for support.
- Wear comfortable shoes and clothes.



Engage in moderate intensity exercise for 30 minutes or more at least five days a week.

- A moderately intense workout increases your heart rate and causes you to breathe harder, but you still should be able to talk comfortably.
- Try an exercise such as walking, cycling on flat terrain, water aerobics, or gardening.

By adopting a healthy lifestyle, you can:

- Reduce your blood pressure.
- Prevent or delay the onset of high blood pressure (hypertension).
- Lower your risk of heart attack, stroke, heart failure, kidney damage, vision loss, and more.

For more information on physical activity guidelines for adults, check out [cdc.gov](https://www.cdc.gov) and search for physical activity basics for adults.

Get moving

Exercise helps prevent and lessen the effects of health conditions, such as high cholesterol, excess weight, stress, high blood pressure, diabetes, and arthritis.

The American Heart Association recommends 150 minutes of moderate intensity exercise per week. Moderately intense means the workout increases your heart rate and causes you to breathe harder but you can talk comfortably.

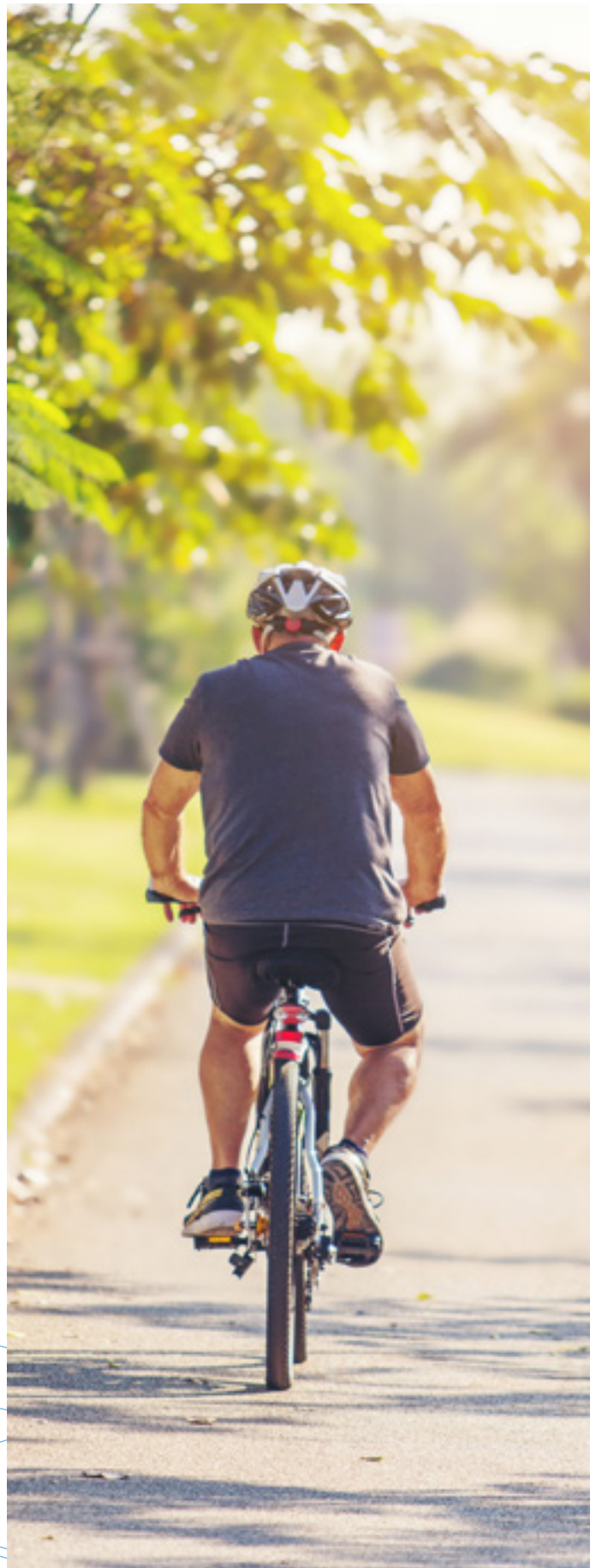
Try exercise such as 10-15 minutes of walking three times per day, cycling on flat terrain, water aerobics, or gardening. Mindful movement such as yoga and tai chi can improve mood, reduce stress and anxiety, and help manage depression.

Before you begin an exercise program, check with your PCP to determine what type of exercise and how much of it is safe for you.

Here are a few tips to make exercise easier:

- Choose activities that are fun.
- Wear comfortable shoes and clothes.
- Exercise with a friend for support.

For more information on physical activity guidelines for adults, check out [cdc.gov/physical-activity-basics/guidelines/adults.html](https://www.cdc.gov/physical-activity-basics/guidelines/adults.html).





DASH to good health

Want to stop hypertension the healthy way? There's a diet for that. The Dietary Approaches to Stop Hypertension (DASH) Diet was created by the National Institute of Health. It's a heart-healthy diet that doesn't require any fancy recipes or special foods.

To follow DASH, the AHA recommends that you focus on eating:

- A variety of fruits and vegetables.
- Whole grains.
- Low-fat dairy products.
- Skinless poultry and fish.
- Nuts and legumes.
- Non-tropical vegetable oils such as canola, corn, olive, or safflower oils.
- Foods low in saturated fat, trans fat, sodium, red meat, and fewer sugar-sweetened beverages.
- The leanest possible cuts of red meat.

Eat the rainbow

A colorful plate is a healthy plate. Luckily, there's a rainbow of fruits and vegetables so you can get your five servings daily, three of vegetables and two of fruits. Fresh produce is best, but if you can't go to the farmers market, frozen is a good second choice. Canned in water or in their own juices is a good third choice.

DASH Chicken Quinoa Bowl with Olives & Cucumber

- 1 pound boneless, skinless chicken breasts, trimmed
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 7-ounce jar roasted red peppers, rinsed
- ¼ cup slivered almonds
- 4 tablespoons extra-virgin olive oil, divided
- 1 small clove garlic, crushed
- 1 teaspoon paprika
- ½ teaspoon ground cumin
- ¼ teaspoon crushed red pepper (optional)
- 2 cups cooked quinoa
- ¼ cup pitted Kalamata olives, chopped
- ¼ cup finely chopped red onion
- 1 cup diced cucumber
- ¼ cup crumbled feta cheese
- 2 tablespoons finely chopped fresh parsley

Position a rack in upper third of oven; preheat broiler to high. Line a rimmed baking sheet with foil. Sprinkle chicken with salt and pepper and place on the prepared baking sheet. Broil, turning once, until an instant-read thermometer inserted in the thickest part reads 165 degrees F, 14 to 18 minutes. Transfer the chicken to a clean cutting board and slice or shred. Meanwhile, place peppers, almonds, 2 tablespoons oil, garlic, paprika, cumin and crushed red pepper (if using) in a mini food processor. Puree until fairly smooth. Combine quinoa, olives, red onion and the remaining 2 tablespoons oil in a medium bowl. To serve, divide the quinoa mixture among four bowls and top with equal amounts of cucumber, chicken, and the red pepper sauce. Sprinkle with feta and parsley.



Maintain a healthy weight

Obesity rates have been rising worldwide for the past decade. Excess weight is a common precursor to many health conditions, including high blood pressure and heart disease. In fact, when you gain weight, your blood pressure rises. Losing just 10 pounds can help bring it down.

Steps to weight loss



1. Calculate your BMI (page 9) and waist circumference.



2. Check with your PCP to see if you need to lose weight.



3. If so, set a goal to lose 5-10% of your current weight.



4. Create a heart-healthy meal plan and stick to it.



5. Elevate your heart rate with 150 minutes of exercise per week.



6. Check your weight once a week to see how you're doing.



Remember that healthy weight loss takes time. Losing one to two pounds per week is the recommended way to take it off and keep it off. Always talk to your PCP before starting a new diet or exercise plan.

Talk with your doctor

Work with your PCP to determine the best treatment for you. Together, you can set goals to improve your blood pressure.

A healthy lifestyle is important to managing your blood pressure. Here are a few examples:

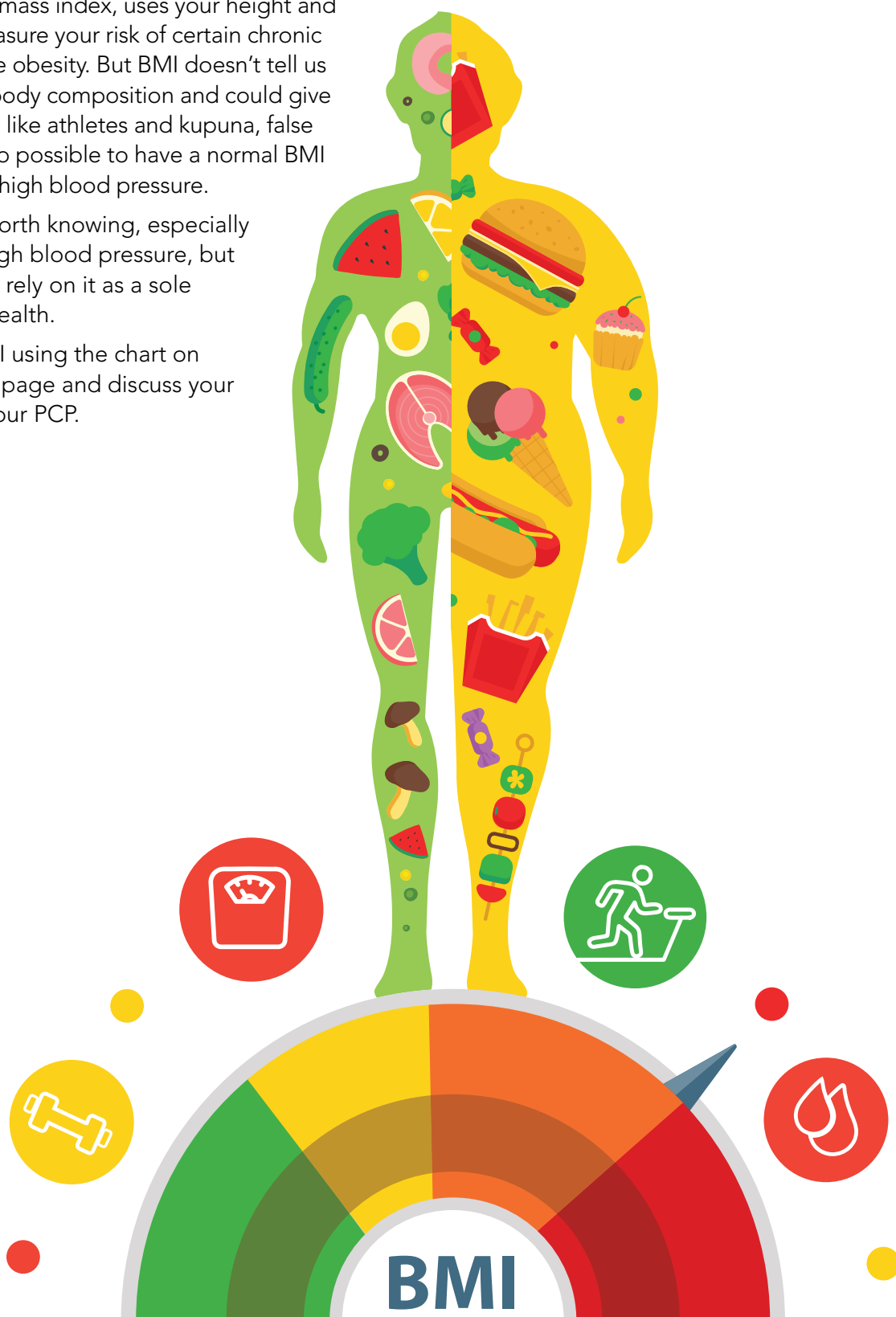
- Staying physically active.
- Eating a healthy diet.
- Maintaining a healthy weight.
- Being tobacco-free.
- Limiting alcohol.
- Managing stress.
- Having regular PCP visits with blood pressure checks.

What's BMI got to do with it?

BMI, or body mass index, uses your height and weight to measure your risk of certain chronic conditions like obesity. But BMI doesn't tell us much about body composition and could give some people, like athletes and kupuna, false results. It's also possible to have a normal BMI and still have high blood pressure.

Your BMI is worth knowing, especially if you have high blood pressure, but you shouldn't rely on it as a sole indicator of health.

Find your BMI using the chart on the following page and discuss your results with your PCP.



Body Mass Index (BMI)

	HEALTHY							OVERWEIGHT							OBESITY							EXTREME OBESITY											
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	
WEIGHT (IN POUNDS)																																	
HEIGHT	4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239
	4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247
	5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	169	173	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255
	5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264
	5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	174	180	185	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273
	5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	192	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282
	5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291
	5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300
	5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	218	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309
	5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	338
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	243	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	
REDUCED RISK																					INCREASED RISK												

Health Risks Associated with Obesity

- | | | |
|--|------------------------------|-----------------------|
| _____ Insulin resistance (type 2 diabetes) | _____ High blood pressure | _____ Depression |
| _____ Elevated cholesterol | _____ Coronary heart disease | _____ Premature death |
| _____ Sleep apnea | _____ Stroke | _____ Other |
| _____ Osteoarthritis | _____ Many types of cancer | |

Get the most from medications

Medications can help control high blood pressure, prevent complications like heart attack or stroke, and reduce the risk of heart disease. To be effective, they must be taken as prescribed. Taking medication in the wrong dose or at different times can be dangerous.

Let your PCP know about any new supplements or medications you're taking in case they interact with your blood pressure medications. If you have questions about your medications, your pharmacist is a great resource.

Make sure you know:

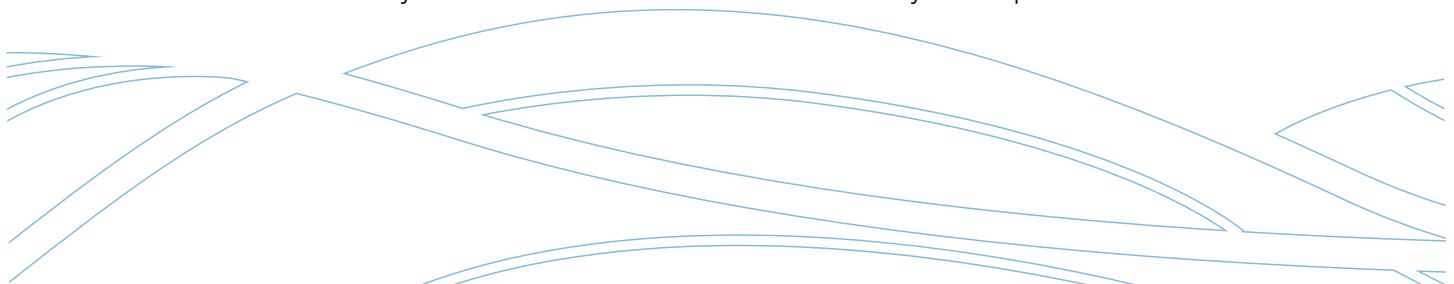
- The names, dosages, and possible side effects of your medications.
- How often to take them and what to do if you miss a dose.
- Whether your medications may interact with other drugs you take or with certain foods or beverages.
- Your blood pressure. Take a reading regularly to help your PCP know how well your medications are working.



Try these tricks to remember to take your medications

- ✓ Take each one of your medications at the same time every day and tie them into a routine you already have, like brushing your teeth.
- ✓ Keep them all in one place where you'll always see them.
- ✓ Set an alarm on your smartphone.
- ✓ Buy and use a pill sorter, which is available at the drugstore, and refill it at the same time every week.
- ✓ If you need to travel, bring a few extra days' worth of medication, just in case, and stow them in your carry-on bag.

To help keep track of your medicines, go to hmsa.com/media/default/documents/well-being/hmsa-medication-tracker.pdf and download a printable "My Medicines" form. Fill it out each time you are prescribed a new medicine.



My Blood Pressure Action Plan

Patient name: _____ Date: _____
PCP: _____ Phone: _____
Emergency contact: _____ Phone: _____

Take this form to your next appointment with your PCP. Together, you and your PCP can create a blood pressure goal and develop a plan to achieve it.

Medication Management

List all the medications you currently take. Your PCP can review this list and help you determine if changes are needed. Tell your PCP if you have problems with any medication.

Name of medication (e.g., metoprolol)	How much to take (e.g., 100 mg)	When to take it (e.g., once daily in the morning)	What it's for (e.g., lower blood pressure)

Blood Pressure Monitoring

It's important to check your blood pressure regularly. A blood pressure reading consists of two numbers – systolic (the top number) and diastolic (the bottom number). Systolic pressure is created when the heart pumps blood. Diastolic pressure is created when the heart is at rest between beats.

Normal blood pressure 120/80 or less
Prehypertension 120-139/80-89
High blood pressure 130/80 or higher

My blood pressure goal is: Date:

Date/time	Reading		Comments
	Blood Pressure	Heart Rate (Pulse)	
	/		
	/		
	/		
	/		

Contact your PCP if either number exceeds :

Systolic **Diastolic**

My Blood Pressure Action Plan (continued)

Controlling Sodium

Sodium increases blood pressure because it holds excess fluid in the body. Most of the sodium we eat comes from processed foods such as canned soup, lunch meat, fast food, pickles, ham, and chips. Read food labels to see which foods are high in sodium and avoid those foods or eat small amounts. Also, don't add salt when cooking or eating. Ask your PCP how much sodium you should consume per day.

Here are three high-sodium foods that I can cut back on right now:

1. _____ 2. _____ 3. _____

Losing Weight

Small changes in your diet can make a big difference to your weight. Losing five pounds can help lower your blood pressure.

Current weight:

My weight	In three months	In six months	In 12 months
Date			
Weight			

Here are four things I can do right now to lose weight:

1. _____ 2. _____ 3. _____ 4. _____

Activity Planning

Exercising most days of the week for at least 30 minutes a day can help lower your blood pressure. You can break up a day's exercise into three 10-minute segments.

Here are three things I can do right now to be more active:

1. _____ 2. _____ 3. _____

Smoking, Alcohol, and Stress

Quitting smoking may be the most important thing you can do to lower your blood pressure. You'll also reduce your risk of heart disease and stroke.

I currently smoke packs/or cigarettes per day

Goal: Reduce to packs/or cigarettes per day

Goal: Quit by (date)

☐ I don't smoke.

Alcohol can increase risk factors associated with hypertension, such as weight gain and elevated blood glucose levels, and can interfere with medications. Decreasing alcohol consumption can help you keep your blood pressure in check.

Goal: Limit amount of alcohol to drink(s) each week.

☐ I don't drink.

Our bodies release hormones that increase our blood pressure when we're stressed. Chronic stress can lead to hypertension over time. Reducing stress is good for your mental and physical health.

To reduce stress, I will _____

Additional resources

- Centers for Disease Control and Prevention High Blood Pressure Resources
cdc.gov/bloodpressure/index.htm
- AHA Blood Pressure Resources
heart.org/en/health-topics/high-blood-pressure
- Managing High Blood Pressure
heart.org/en/health-topics/high-blood-pressure/changes-you-can-make-to-manage-high-blood-pressure
- DASH diet
nhlbi.nih.gov/health-topics/dash-eating-plan
- Sodium basics and recommendations
heart.org/en/healthy-living/healthy-eating/eat-smart/sodium

You can have your blood pressure taken at your doctor's office, fire stations, and HMSA Centers and offices.

Important Information About Your Health Plan

HMSA complies with applicable federal civil rights laws. We don't discriminate on the basis of:

- | | | |
|----------|--------------------|---------------|
| • Race. | • National origin. | • Disability. |
| • Color. | • Age. | • Sex. |
-

ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call 1 (800) 440-0640 toll-free. TTY: 1 (877) 447-5990 toll-free.

(Ilokano, Ilocano) PAKDAAR: No Ilocano, ti usaren a pagsasao yo, adda dagiti awan bayadna a serbisyo a tulong iti lengguahe a mabalinyo nga usaren. Tumawag iti 1 (800) 440-0640 awan bayadna (TTY: 1 (877) 447-5990).

(繁體中文, Chinese)

Cantonese 注意：如果您講粵語，您可免費獲得語言協助服務。請致電免費電話 1 (800) 440-0640 (TTY: 1 (877) 447-5990)。

Mandarin 注意：如果您讲普通话，您可免费获得语言协助服务。请致电免费电话 1 (800) 440-0640 (TTY: 1 (877) 447-5990)。

(한국어, Korean) 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1 (800) 440-0640 (TTY: 1 (877) 447-5990) 번으로 전화해 주십시오.

(Tiếng Việt, Vietnamese) CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1 (800) 440-0640 (TTY: 1 (877) 447-5990).

(Tagalog, Filipino) PAUNAWA: Kung nagsasalita kayo ng Tagalog, maaari kayong gumamit ng mga serbisyong tulong sa wika nang walang bayad. Tumawag sa 1 (800) 440-0640 walang bayad (TTY: 1 (877) 447-5990).

Serving you

Meet with knowledgeable, experienced health plan advisers. We'll answer questions about your health plan, give you general health and well-being information, and more. Visit hmsa.com for directions. Hours of operation may change. Please go to hmsa.com/contact before your visit.

HMSA Center @ Honolulu

818 Keeaumoku St.

Monday through Friday, 8 a.m.–5 p.m. | Saturday, 9 a.m.–2 p.m.

HMSA Center @ Pearl City

Pearl City Gateway | 1132 Kuala St., Suite 400

Monday through Friday, 9 a.m.–6 p.m. | Saturday, 9 a.m.–2 p.m.

HMSA Center @ Hilo

Waiakea Center | 303A E. Makaala St.

Monday through Friday, 9 a.m.–6 p.m. | Saturday, 9 a.m.–2 p.m.

HMSA Center @ Kahului

Puunene Shopping Center | 70 Hookele St., Suite 1220

Monday through Friday, 8 a.m.–5 p.m. | Saturday, 9 a.m.–1 p.m.

HMSA Center in Lihue

Kuhio Medical Center | 3-3295 Kuhio Highway, Suite 202

Monday through Friday, 8 a.m.–4 p.m.

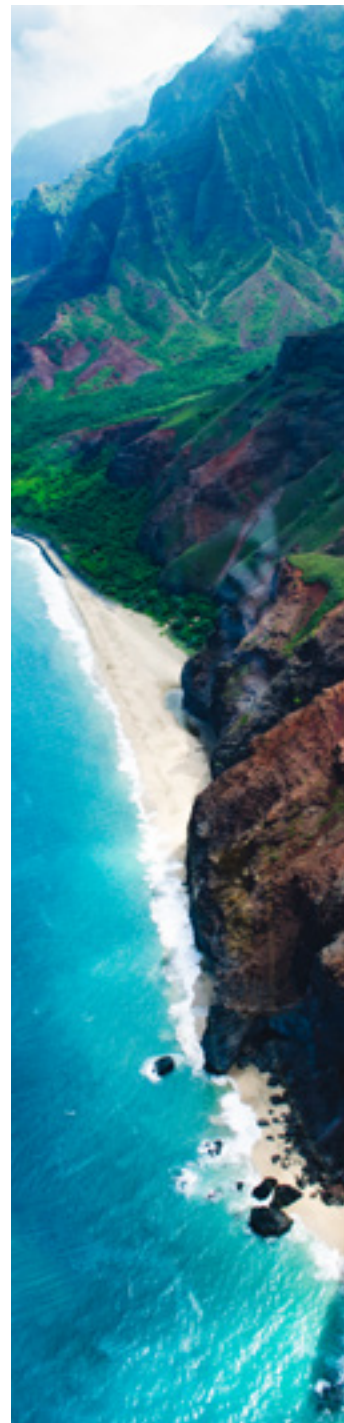
Contact HMSA. We're here for you.

Call (808) 948-6079 or 1 (800) 776-4672; TTY users, call 711.

Monday through Friday, 7 a.m.–7 p.m. | Saturday, 9 a.m.–1 p.m.

hmsa.com

     [@hmsahawaii](https://www.instagram.com/hmsahawaii)



Together, we improve the lives of our members and the health of Hawaii.
Caring for our families, friends, and neighbors is our privilege.

