

## DID YOU KNOW?

A blood pressure reading of 140/90 or higher is considered **high**. About 2/3 of people over age 65 have high blood pressure.

Blood pressure between 120/80 and 139/89 is called *pre hypertension*. This means you have an increased chance of developing high blood pressure.

### STEPS TO PREVENT OR CONTROL BLOOD PRESSURE

- 1) Maintain a healthy weight
- 2) Be physically active
- 3) Follow a healthy eating plan
- 4) Eat foods with less salt (sodium)
- 5) Drink alcohol only in moderation
- 6) Take prescribed drugs as directed
- 7) Routinely monitor your blood pressure
- 8) Determine with your physician what your blood pressure goal should be and write it down.

**For more information on high blood pressure or any other chronic illness, please contact Med-Cert, Inc. at 866-633-2378 (toll free) or at [www.medcertinc.com](http://www.medcertinc.com)**



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