



# High Blood Pressure and Your Health

## WellCare Cares About You!

### This booklet will help you:

- ✓ Manage your appointments with your doctor(s).
- ✓ Manage your high blood pressure (hypertension).
- ✓ Track your blood pressure.
- ✓ Manage your medications and ask about side effects.





## What is high blood pressure?

High blood pressure is when the force of your blood against the walls of your arteries is too high. *Arteries* are what move blood, oxygen, and other fluids through your body. High blood pressure is also known as *hypertension*. It is normal for blood pressure to rise and fall throughout the day. Your blood pressure must consistently be high to be hypertension. Your blood pressure needs to be <130/80.

If your doctor has diagnosed you with high blood pressure, they may tell you to take medicine(s) or make changes to your lifestyle. With a healthy lifestyle, you can control your high blood pressure.

Your doctor may also test your blood cholesterol level. *Cholesterol* is a fat found in your blood that your liver makes. The cholesterol in your blood can cause your arteries to get hard and narrow. In addition, cholesterol can make it harder for your heart to pump, making your blood pressure rise. Medication, diet, and exercise can lower your cholesterol if it is high.

If high blood pressure is not treated, it can lead to a heart attack, stroke, heart failure, vision loss, kidney disease or failure, chest pain (*angina*), *peripheral artery disease* (when your arteries narrow in your legs, arms, stomach, and brain), and sexual dysfunction.



## Important Tips to Control High Blood Pressure



Visit your doctor at least once every year.

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Stop smoking, vaping, or using tobacco.

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Know your blood pressure levels.

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Take your blood pressure medicine.

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Do not miss your medications.  
Use a pill box or set reminders.

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Exercise and stay active. This can help lower your blood pressure. It can be as simple as walking around the house, moving your limbs, or walking outside.

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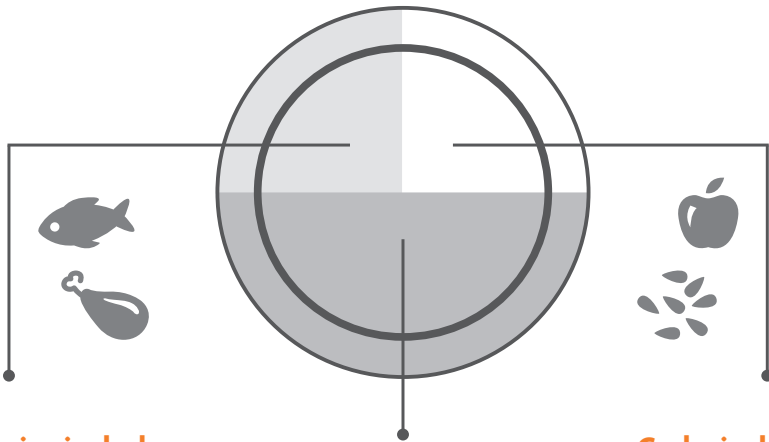
Eat a healthy diet low in sugar and carbohydrates. Eating more fresh fruit, vegetables, lean protein, and whole grains can help lower blood pressure, weight, and blood sugar.



## The Plate Method

A meal plan can help you track what you are putting in your body to keep your blood pressure, weight, and blood sugar in your target range. The plate method is an easy way to eat food without much effort. All you need is a non-starchy vegetable (veggies), lean protein, and carbohydrates (carbs) on a nine-inch plate.

**Below are examples of food choices for the Plate Method.**



### Proteins include:

- Fish (not fried).
- Turkey and chicken (not fried and with no skin).
- Non-fat cheese, pork, and steak (not fried).
- Beans (kidney, black, and pinto).
- Nuts.

Avoid fatty protein such as ham, bacon, and hot dogs.



### Non-starchy veggies include:

- Broccoli
- Cauliflower
- Brussel sprouts
- Greens
- Squash
- Cabbage
- Tomatoes
- Green beans

Avoid starchy veggies such as peas, potatoes, and corn.

### Carbs include:

- Whole grain, wheat bread
- Brown rice
- Apples
- Pears
- Oranges
- Grapes
- Bananas
- Peaches

Avoid carbs such as chocolate, candy, chips, pasta, and canned fruit.



## Good Measures High Blood Pressure and Weight Program

WellCare is committed to helping you succeed with our Good Measures High Blood and Weight Program. The program connects you with a dietitian coach so that you can live a healthier life. Dietitians are experts who use food to manage your health with plans and programs. Your coach can reach out to you by phone, texts, and/or emails. They are there to help you find a routine that works for you with foods and exercise that you enjoy. Good Measures is offered at no cost for WellCare members. They can provide groceries and a blood pressure cuff for tracking your levels. This can lower your blood pressure and help you lead a healthier lifestyle.



**Go To:**

**[wellcareky.goodmeasures.com](http://wellcareky.goodmeasures.com) to sign up.**



**Rather talk to a person?**

**Call 1-833-793-7725 (TTY: 711)**

**Hours of operation: Monday through Friday  
8 a.m. to 9 p.m., Saturday 9 a.m. to 5 p.m., and  
Sunday 9 a.m. to 1 p.m., Eastern time**





# Blood Pressure Log

**It is important to track your blood pressure and talk to your doctor about your results. Here is how you take your blood pressure.**

## Follow these steps:

- 1 Take your blood pressure reading at the same time each day.
- 2 Be sure to take two readings, at least one to two minutes apart.
- 3 For best results, don't drink or eat at least 30 minutes before taking your reading.
- 4 Sit comfortably with your feet on the floor for at least five minutes before taking a reading.
- 5 When you take your blood pressure, rest your arm on a table so the blood pressure cuff is at chest height.
- 6 Make sure your cuff is snug and against bare skin.
- 7 Record your blood pressure on this sheet and show it to your doctor at every visit.

DATE	Blood Pressure AM	Blood Pressure PM	DATE	Blood Pressure AM	Blood Pressure PM





**WellCare is here to help you  
and your loved ones.  
Please call us if you have any  
questions or concerns.**



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Nurse Advice Line: **1-800-919-8807** (TTY: **711**)

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Member Service: **1-877-560-2766** (TTY: **711**)  
Hours of operation: Monday through Friday,  
8 a.m. to 9 p.m., Eastern time

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Translation Services: **1-877-560-2766**

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Good Measures Program: **1-833-793-7725** (TTY: **711**)  
Hours of operation: Monday through Friday, 8 a.m. - 9 p.m.,  
Saturday 9 a.m. to 5 p.m., and Sunday 9 a.m. to 1 p.m.,  
Eastern time



Free Interpreter Services are available. If you are deaf, hard of hearing, or have a speech impairment, call **1-877-389-9457** (TTY: **711**).





Sources:

*“Diabetes Meal Planning”, Centers for Disease Control and Prevention [cdc.gov/diabetes/managing/eat-well/meal-plan-method.html](https://cdc.gov/diabetes/managing/eat-well/meal-plan-method.html)*

*“Measure Your Blood Pressure”, Centers for Disease Control and Prevention [cdc.gov/bloodpressure/measure.htm#how](https://cdc.gov/bloodpressure/measure.htm#how)*

Always talk with your doctor(s) about the care that is right for you. This material does not replace your doctor’s advice. It is based on third-party sources. We are presenting it for your information only. It does not imply that these are benefits covered by WellCare. Also, WellCare does not guarantee any health results. You should review your plan or call Member Service to find out if a service is covered.

Call 911 or your doctor right away in a health emergency.

Please contact your plan for details.

WellCare of Kentucky complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**ATTENTION:** If you speak English, language assistance services, free of charge, are available to you. Call **1-877-389-9457** (TTY: **711**).

**ATENCIÓN:** Si habla español, contamos con servicios de asistencia lingüística que se encuentran disponibles para usted de manera gratuita. Llame al **1-877-389-9457** (TTY: **711**).

**注意：**如果您說中文，您可以免費獲得語言援助服務。請致電 **1-877-389-9457** (TTY: **711**)。