

Managing Your High Blood Pressure



Eat a healthy diet

Consider the D.A.S.H. (Dietary Approaches to Stop Hypertension) eating plan from National Institutes of Health, which has been shown to reduce elevated blood pressure.

Read food labels. Consume less than 2,300 mg of sodium a day.

Limit sodium in the foods you eat, especially added salt, processed foods, and canned soups.

Learn more about healthy eating and the D.A.S.H. eating plan from the Sentara Health Plans “Eating for Life” program.

Maintain a healthy weight

Being overweight increases your risk of developing high blood pressure.

Losing even 10 pounds can lower blood pressure and has the greatest effect for those who are overweight and already have hypertension.

Stay Physically Active

Being physically active can prevent or control high blood pressure, and reduce your risk of heart disease.

Your goal should be at least 30 minutes of moderate-level physical activity on most days of the week, like brisk walking, bicycling, raking leaves, and gardening.

Limit alcohol intake

Drinking too much alcohol can raise blood pressure.

If you drink alcoholic beverages, have only a moderate amount; one drink a day for women, two drinks a day for men. Check with your physician about how your health may be affected by drinking alcohol.



For more information, visit:
sentarahealthplans.com/mylifemyplan



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Don't use tobacco

Tobacco use injures blood vessel walls and speeds up artery damage. If you use tobacco, quit.

Once you quit, your risk of having a heart attack is reduced after the first year.

Take your medication

If your doctor has prescribed medication for your high blood pressure, make sure you take it every day.

Get regular checkups with your physician

Visit your doctor regularly to have your weight and blood pressure checked, and to schedule preventive health screenings.



Staying Healthy Programs

Eating for Life

Develop healthy eating and exercise habits

Stay Smokeless for Life

Quit tobacco to improve your health

Guided Meditation

Experience a retreat from everyday stressors

Healthy Habits Healthy You

Develop habits to prevent diabetes and heart disease

Tai Chi

Learn to mentally and physically relax

MoveAbout

Learn about staying physically active every day

Yoga

Stretching and strengthening exercises

Sleep Better

Learn about the importance of sleep

Stress Less

Learn to prevent and manage stress in your daily life

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