

KNOWING YOUR NUMBERS CAN LEAD TO A HEALTHIER YOU.

Work with your health care provider to understand your blood pressure.

According to the Centers for Disease Control and Prevention (CDC), about one in three adults in the United States has high blood pressure. This common condition increases the risk for heart disease and stroke – two of the leading causes of death in the United States.*

Your blood pressure consists of two numbers.

- The systolic number shows how hard the blood pushes when the heart is pumping.
- The diastolic number shows how hard the blood pushes between heartbeats, when the heart is relaxed and filling with blood.

If your reading is 120 (systolic)/80 (diastolic) or higher you could be at risk for high blood pressure.**

The good news is that you can help manage your blood pressure by making changes to your lifestyle – eating a healthy diet, maintaining a healthy weight, exercising, not smoking and limiting alcohol intake.



Schedule a wellness visit with your health care provider and learn more about your blood pressure.

For more information, visit myCigna.com or cdc.gov.

Together, all the way.®

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*Centers for Disease Control and Prevention (CDC), High Blood Pressure, cdc.gov. Reviewed October 2, 2019.

**Centers for Disease Control and Prevention (CDC), High Blood Pressure; About High Blood Pressure, cdc.gov. Reviewed July 18, 2018.

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