

Exercise and Weight Management

High blood pressure and cholesterol may be better managed by maintaining a healthy weight. A balance of healthy eating in combination with moderate physical activity will help with weight management. Incorporating at least 30 minutes of moderate physical activity most days of the week and achieving a healthy body weight are recommended goals of lifestyle modification.

Smoking Avoidance

One way to boost your health is to quit smoking. If you quit smoking you can lower your blood pressure and reduce the risk of cholesterol-related health problems. There are many resources available to help you quit smoking, including the Kansas Tobacco Quitline. It is a free resource to provide you with a personalized quit plan, ongoing support and a personalized tobacco cessation kit. Learn more about this confidential program at www.kanstop.org, or call 1-866-KAN-STOP.

Our program

Healthy Options hypertension and hyperlipidemia management, a BCBSKS program, emphasizes educating members

about their health conditions and working with them to take a more active role in their health care. With the help of a registered nurse, enrolled members will receive education to promote:

- **Improved understanding of cholesterol values and high blood pressure**
- **Encouragement of healthy lifestyle options**
- **Improved health care team relationships**
- **Empowerment to make informed health decisions**

With these changes, members will have a good foundation to start on the road to good health.

A registered nurse will work with members by phone to provide information on various topics. Clinical information provided by the member is used to assess areas of educational need as well as the member's ongoing health status. In addition, members may receive periodic mailings on high cholesterol and high blood pressure.

This **free** program is designed to help members, ages 21 to 63, who have BCBSKS as his or her primary carrier. Participation in the program is voluntary, and the member may elect to withdraw at any time. Any information gathered during the course of the program will remain strictly confidential. Participation in Healthy Options will in no way affect the benefits of the member's contract.



Call Today!

For further information about the program contact us at:

1-800-520-3137

**1133 SW Topeka Blvd.
Topeka, Kansas
66629-0001**

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High Blood Pressure & High Cholesterol

Helping our members take charge of their high cholesterol and high blood pressure



blood pressure

Our Healthy Options high blood pressure and high cholesterol management program is designed to assist members in effective self-care of hypertension and hyperlipidemia. Education offered during the program will include information about high blood pressure, high cholesterol, healthy nutrition, exercise, lifestyle changes, weight management and smoking avoidance.

Hypertension (High Blood Pressure)

Hypertension is the medical term for high blood pressure. According to the American Hospital Association Web site, one in three U.S. adults has high blood pressure, and only one-third of those know it. There are usually no symptoms associated with having high blood pressure and many people have it for years without knowing it!

High blood pressure makes the heart work harder than normal and when the heart has to work harder than normal for a long period of time it can cause the heart to become weaker. Blood vessels also can be damaged by high blood pressure and become

stiff and less flexible. High blood pressure that is not treated or not in good control can damage the heart, blood vessels, eyes and other organs.

When your heart beats it pumps blood through your body. This causes a force in the blood vessels called blood pressure. High blood pressure means that the force is too high.

Your blood pressure is recorded as two numbers—systolic (top) and diastolic (bottom) pressure.

Systolic pressure = when the heart beats
Diastolic pressure = when the heart relaxes
between beats

Here are the ranges your doctor will look at to determine the health of your blood pressure:

Healthy	below 120/80
Borderline	120/80 to 139/89
High	140/90 or above

The only way to really know if you have high blood pressure is to have it checked regularly. Ask your doctor what your blood pressure is and if there are steps you need to take to help manage your blood pressure.

Hyperlipidemia (High Cholesterol)

High cholesterol is the term often used to describe hyperlipidemia or dyslipidemia. Lipids such as cholesterol, triglycerides, LDL (“bad cholesterol”) and HDL (“good cholesterol”) are fats normally present in the bloodstream. Although each of the lipids has an important function, unhealthy levels can damage blood vessels and lead to coronary artery disease. Unhealthy levels can be due to lifestyle choices such as poor eating habits, smoking or a lack of physical activity, but also can be due to family history or having a disease like diabetes.

Healthy artery walls allow blood to flow freely. When cholesterol levels are unhealthy blood vessels can become rough and collect plaque. This causes the blood vessels to become narrow and have blockage. It increases your chances for heart attack, stroke, aneurysm, kidney damage and blockage to arteries in the legs.

Lifestyle changes can help you achieve healthier blood lipid levels, and help prevent damage to your heart and blood vessels. Making changes in the way you eat, getting regular exercise, working toward a healthy weight and stopping smoking are some things you can do to make a difference.

Nutrition

It is important to follow a healthy nutrition plan. Improving healthy eating habits may help lower cholesterol and maintain normal blood pressure.

- **Eat no more than 2,400 milligrams of sodium per day (about 1 teaspoon of salt).**
- **Limit saturated fats and eliminate trans fats.**
- **Eat fat-free or low-fat dairy products, fish, poultry and lean meats.**
- **Eat fresh fruits and vegetables and include sources of high fiber and whole grains.**
- **Limit alcoholic beverages to no more than one drink per day if you are a woman and no more than two drinks if you are a man.**

cholesterol