

UNDER PRESSURE

Understanding how hypertension affects you



Hypertension or high blood pressure is often called “the silent killer” because it may have no outward signs or symptoms.

Blood pressure is the force exerted on your blood vessels when your heart pumps. When it’s high, your arteries and vital organs can be damaged.

You can improve your blood pressure with lifestyle changes, daily tracking and support from a proven program.

Manage through lifestyle changes

- Eat a heart-healthy diet and stay hydrated
- Stay active by exercising 2½ hours weekly
- Manage stress
- Monitor your blood pressure
- Manage other medical conditions you may have
- Take your medicine as prescribed

The normal range for blood pressure is

below **120**
and/or below **80**¹ **Is yours higher?**



The Hypertension Management program from Livongo provides the resources and support you need to get your condition under control. Your team will guide you with the right information, customized to your needs.

“ I used the system every day for a year and a half. My main quest was to get the blood pressure down...to get off the medicine. I eliminated sugar, lost 75 pounds and my blood pressure stabilized. The program was extremely valuable.” Fred C.

Get started with Livongo today

Visit **Ready.Livongo.com/VCUHS/Register** or call **800-945-4355** or download the app
Use your registration code: VCUHS

¹<https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>
Las comunicaciones del programa Livongo están disponibles en español. Al inscribirse, podrá configurar el idioma que prefiera para las comunicaciones provenientes del medidor y del programa. Para inscribirse en español, llame al 800-945-4355 o visite [Hola.Livongo.com/VCUHS](https://www.livongo.com/VCUHS)
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