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Quality health plans & benefits
Healthier living
Financial well-being
Intelligent solutions

Keep your blood pressure under control

Here is how to get started

You can begin to manage your blood pressure by following a few basic steps:

- Keep a healthy weight
- Exercise regularly
- Learn how to lower stress
- Quit smoking

More ways to help

Now that you've made a good start, here are ways to get even healthier:

- **Checkups**. See your doctor for regular checkups. This way, your doctor can make sure your blood pressure stays at a healthy level.
- **Food choices**. Think carefully about the food you eat. You can get healthier by eating more fruits, vegetables and whole grains. You should also try to eat foods that are low in saturated fat, cholesterol and salt.

Be careful about what you drink

If you choose to drink alcohol, it's best to do so in small amounts.

For men, this means no more than two 12-ounce beers, two 5-ounce glasses of wine or two 1.5-ounce drinks of hard liquor a day. Women should have no more than one of any of these drinks each day.

Take medicine as directed

Be sure you know the right way to take your medicine. That includes whether a medicine should be taken with or without food.

You will also want to know when, and how often, to take your medicine. And make sure it is safe to take with any other medicine you might need. Your doctor can help you know the right things to do.

Tell your doctor about:

- Side effects you experience from any medicine
- Over-the-counter medicine you take for colds or allergies
- Herbal or home remedies you are using

Taking too many different kinds of medicine may cause problems. But your doctor can help you stay safe.

Learn more about healthy blood pressure. Check the Aetna InteliHealth® website at **www.intelihealth.com**.

Source: Aetna InteliHealth. Available at www.intelihealth.com. Accessed January 12, 2011.

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