

# Knowing Your Numbers Can Lead to a Healthier You



According to the Center for Disease Control (CDC), about 1 of 3 adults in the United States has high blood pressure, which increases the risk for heart disease and stroke – the first and third leading causes of death in the United States. So it's important to have your blood pressure checked by your doctor and **Know Your Numbers:**

## Blood Pressure Reading Levels

Category	Systolic blood pressure		Diastolic blood pressure
<b>Normal blood pressure</b>	Less than 120	AND	Less than 80
<b>Borderline blood pressure</b> (also called <i>Prehypertension</i> )	120–139	OR	80–89
<b>High blood pressure</b> (also called <i>Hypertension</i> )	140 or higher	OR	90 or higher

### **GOOD NEWS!** You can control your high blood pressure!

Did you know that by making changes to your lifestyle such as eating a healthy diet, maintaining a healthy weight, exercising, not smoking, and limiting alcohol intake can help lower your blood pressure? But sometimes lifestyle changes are not enough. Your doctor may recommend medication to lower your blood pressure. It is very important to take your high blood pressure medication as prescribed by your doctor.

For help managing your blood pressure, log in to [myCIGNA.com](http://myCIGNA.com)

“CIGNA,” “myCIGNA.com” and the “Tree of Life” logo are registered service marks of CIGNA Intellectual Property, Inc., licensed for use by CIGNA Corporation and its operating subsidiaries. All products and services are provided exclusively by such operating subsidiaries and not by CIGNA Corporation. Such operating subsidiaries include Connecticut General Life Insurance Company (CGLIC), CIGNA Health and Life Insurance Company (CHLIC), and HMO or service company subsidiaries of CIGNA Health Corporation and CIGNA Dental Health, Inc. In Arizona, HMO plans are offered by CIGNA HealthCare of Arizona, Inc. In California, HMO plans are offered by CIGNA HealthCare of California, Inc. In Connecticut, HMO plans are offered by CIGNA HealthCare of Connecticut, Inc. In North Carolina, HMO plans are offered by CIGNA HealthCare of North Carolina, Inc. All other medical plans in these states are insured or administered by CGLIC or CHLIC.