

High blood pressure increases your risk of having a heart attack or stroke. The following lifestyle changes can help reduce your blood pressure and your risk:

- If you smoke, quit. Call the Quit For Life® Program at 1-800-462-5327 for information on quitting tobacco.
- Eat less salt.
- Lose weight if you are overweight.
- Get at least 30 minutes of exercise on most days of the week.
- Limit the amount of alcohol you drink.
- Eat a diet low in saturated fats and high in fruits, vegetables, and whole grains.



For more information:

- Visit Health and Wellness Resources on our website at kp.org/wa.
- The Kaiser Permanente Resource Line provides information on a variety of health topics. Call weekdays from 9 a.m. to 4 p.m. toll-free 800-992-2279.

Your blood pressure

NAME

CONSUMER ID#

DOCTOR

DOCTOR'S PHONE

For questions or concerns about your health after hours, call the Consulting Nurse Service 1-800-297-6877.

Rev. Date 2015182

PE3248600-01-17

©2017 Kaiser Foundation Health Plan of Washington

