

Calm your hypertension



Anyone can reduce their chance of developing high blood pressure

- Slim down if you are overweight (as your body weight increases, your blood pressure rises)
- Stop smoking
- Be more physically active
- Reduce your salt intake
- Drink alcoholic beverages in moderation

Visit Blue Access[®] for Members at www.bcbsil.com for more information about hypertension.

These tips are intended as general information only. Please consult your doctor for specific medical advice.



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