

# 2 NUMBERS TO KNOW FOR YOUR GOOD HEALTH



You're active and you take care of yourself: exercising, eating right, and getting enough sleep.

You feel fit and healthy.

But if you don't know two numbers—for your systolic and diastolic pressure, which together represent your blood pressure—you can't be entirely sure of your health status.

That's because high blood pressure, the leading cause of heart attacks, heart failure, stroke, and kidney disease, often has no symptoms.

## Know your numbers

According to the Centers for Disease Control and Prevention, a normal blood pressure is a systolic pressure of less than 120 and a diastolic pressure of less than 80, which together are expressed as 120/80.

If you don't know your blood pressure numbers, be sure to

ask your doctor to check your pressure at your next visit and to tell you what your numbers are.

You can help your doctor obtain an accurate blood pressure reading by:

- Being physically comfortable before the reading
- Avoiding caffeine and nicotine for an hour before having your blood pressure checked
- Sitting for five minutes before your pressure is measured

Depending on your reading, you and your doctor may work on an action plan to control your pressure.

## Learn more at [tuftshealthplan.com](https://tuftshealthplan.com)

To learn more about healthy blood pressure, log in to your secure online account, called My Wellness Plan, at [tuftshealthplan.com](https://tuftshealthplan.com).

Under the Take Charge of My Health tab, click on Health Topics A-Z.

To track and print your blood pressure readings, just click on the icon on the My Wellness Plan homepage.