

Don't play the numbers game: get a blood pressure reading

You know all the important numbers in life: Your age, weight, phone number and Social Security number. But there's one number you may not know – **your blood pressure**.

If so, you're not alone.

Over 75 million Americans have high blood pressure and one-third of them don't know it.

Uncontrolled blood pressure is a serious condition that often contributes to life-threatening diseases, such as stroke, heart attack or kidney failure. Checking your blood pressure is easy to do and can help you improve your health.

Want to know more?

BCN members can contact **BlueHealthConnection®** at **800-637-2972** to leave a message for a nurse or request information.



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