

Managing Your Health: High Blood Pressure

Your Guide to Getting Started and Staying on Track

High Blood Pressure Basics

High blood pressure, also known as hypertension, is often called the “silent killer” because it usually has no symptoms. Many people remain unaware they have it until serious complications like a stroke, heart attack, or kidney disease arise.

Hypertension is a dangerous condition and should be treated promptly. Treatment typically involves lifestyle changes and, when needed, drug therapy, which can protect vital organs from damage.

Hypertension is usually classified as 140/90 and above. Talk to your care team about the right goal for you!

Steps to Take After a Diagnosis

1. Schedule Regular Checkups

- Regular monitoring ensures your blood pressure stays under control. If recommended, use a home monitor and log your results so you can share your readings with your care team.

2. Understand Your Goals

- Most adults with hypertension should aim for blood pressure below 130/80 mmHg, but your doctor will tailor the goal to your health. Keep a daily log of your readings to share accurate information with your doctor.

3. Medications

- Many people need medication to manage their blood pressure. Always follow your doctor’s instructions for the best outcomes.

4. Make Lifestyle Changes

- Diet: Limit salt, added sugars, and processed foods. Focus on vegetables, fruits, whole grains, lean proteins, and healthy fats.
- Exercise: Aim for 150 minutes of moderate activity weekly, like walking or biking. Always talk to your physician before starting a new exercise routine.
- Avoid Triggers: Limit alcohol and caffeine; quit smoking or tobacco use.
- Manage Stress: Practice relaxation techniques or enjoy hobbies to reduce stress.

5. Learn Warning Signs

- While high blood pressure typically has no symptoms, extremely high levels may cause headaches, shortness of breath, or nosebleeds. Contact your doctor if you experience these symptoms.

Coordinating Your Care

Managing hypertension is a team effort. From your primary care provider to specialists like cardiologists or dietitians, your care team works together to monitor your condition and adjust your treatment plan as needed.

Taking Charge of Your Health

Hypertension can be managed if one is willing to make lifestyle modifications and stay engaged with their care team. By maintaining a normal weight, reducing salt intake, committing to regular exercise, and following prescribed medications, patients can manage their blood pressure effectively and reduce the risks of complications.

Managing high blood pressure is a lifelong journey, but it's one you don't have to navigate alone. Start today by working closely with your doctor, making healthy choices, and taking an active role in your care.

Learn More

Visit the American Heart Association at heart.org for trusted tips and tools on managing hypertension

These guides are for reference purposes only. Always consult with your medical provider for personalized advice and recommendations regarding your specific health condition.

Call the Concierge team at 713-442-4878 (TTY: 711). From October 1 through March 31, hours are 8 am to 8 pm, seven days a week. From April 1 through September 30, hours are 8 am to 8 pm, Monday through Friday. Messaging services are used on weekends, after hours, and on federal holidays. KelseyCare Advantage, a product of KS Plan Administrators, LLC, is an HMO and POS Medicare Advantage plan with a Medicare contract. Enrollment in KelseyCare Advantage depends on contract renewal. © 2025 KelseyCare Advantage. All rights reserved. H0332_FLYDISST-BP25_C