

Living with High Blood Pressure



**Have you been told you have high blood pressure and wonder what you can do?
Partnership is here to help!**

What is High Blood Pressure?

Blood pressure is the force of blood against the inner walls of blood vessels. High blood pressure can damage your blood vessels and organs.

What to Do if You Have High Blood Pressure

Your doctor and Partnership can help you learn healthy habits to lower your blood pressure.

You can control your blood pressure by:

- Eating healthy foods
- Being active
- Taking your medicines the way your doctor and/or pharmacist explained
- Checking your blood pressure so you and your doctor can see what is working for you

A Partnership staff member will be calling soon to talk about simple changes that can help lower your blood pressure. Partnership will also send you more resources to help you control your blood pressure.

Make Sure to Talk with Your Doctor about Your High Blood Pressure at Your Next Visit

Your doctor's phone number is on your Partnership ID card. If you need help planning a visit, call Member Services at **(800) 863-4155**, Monday – Friday, 8 a.m. to 5 p.m. TTY users can call California Relay Service at **(800) 735-2929** or 711. **Partnership HealthPlan of California – Your Partner in Health.**