Putting your blood pressure in its place

ConditionCare: hypertension

Keep it under control

You woke up and went to work. It was a busy day, like most. You took a break for lunch, even a short walk. And now you’re relaxing at home. But did you ever stop and think about your blood pressure?

You can have high blood pressure (also called hypertension) even when you’re feeling good. About one out of every three adults in the U.S. has high blood pressure. It usually doesn’t have symptoms, so you can have it for years and not know it.

Over time, high blood pressure can lead to bigger health problems such as stroke, heart failure, kidney failure or blindness. Talk to your doctor to see if you have high blood pressure.

If so, sign up for the ConditionCare program — we’ll help put your blood pressure back where it belongs and keep it there. When you enroll in ConditionCare you’ll get:

- Round-the-clock phone access to a nurse coach manager who can answer your questions.
- Personalized coaching, if you need it, to help you meet goals that will put you on the road to better health.
- Up-to-date information about high blood pressure from a source you can trust.

And best of all, ConditionCare is in addition to your health plan for you or covered family members.

We may call to find out if ConditionCare can help you and ask you to sign up. For your protection, we’ll verify your address or date of birth before talking about your health.

Get started today

To learn more or to join ConditionCare, call us toll free at the Member Services number located on your ID card.


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