Commit to lowering your blood pressure

Start by creating a plan with your healthcare provider to monitor and control your high blood pressure.

At times it may be challenging to stick to the plan, as a member of the Mohawk Health Plan, you have many resources available to you to help you through your journey. Healthy Life Navigators and other Healthy Life Team members are just a text way with the Spruce app. You can ask questions, share your numbers and get support.

To get the Spruce app: Text 877-365-0051 (type "Hi") or go to www.mymohawkbenefits.com/hlct

Commit to

- taking your medication as prescribed, if applicable.
- monitoring your blood pressure with regular checks.

Remember to talk to your healthcare provider about changes in your blood pressure, new or different symptoms and your medications. It is important to be honest with your healthcare provider about your condition.

Please note: This information is for educational purposes only and not intended to take the place of your personal physician's advice or to diagnose, treat, cure or prevent any disease. Always consult with your physician or healthcare provider to determine what is right for you.



Healthy Life Center Healthy Life Navigators Healthy Life Center Providers

Text or Call 1-877-365-0051

careteamsupport@cigna.com



CORONARY ARTERY DISEASE (CAD) CARE PATH

KEY POINTS FOR MANAGING CORONARY ARTERY DISEASE (CAD)

REQUIRED

BP Goal is < 140/90 _____ Date achieved Blood pressure goal less than 140/90 STATIN therapy or documented intolerance ______ % adherence—Take Cholesterol Medications as prescribed Blood thinner name _______% adherence—Take blood thinner or aspirin as prescribed Annual Biometrics Date completed RECOMMENDED Cardiology consult within 12 months Date completed Annual physical exam Date completed Preventive Screenings if due (Colonoscopy, Mammogram, PAP smear) _____ Test and date completed _____ Test and date completed ———— Test and date completed Nutrition education _____ Date completed



Coronary Artery Disease (CAD) is the narrowing and blockage of the coronary arteries by the build up of cholesterol and fatty deposits, also called plaque. CAD restricts the flow of blood to the heart.

If not controlled, and too little blood flows or is cut off completely, it can lead to heart attack.

Heart disease is the number one cause of death among men and women in the United States.

Blood pressure chart

	Systolic		Diastolic
Normal	less than 120	and	less than 80
Elevated	120-129	and	less than 80
High Blood Pressure Stage 1	130-139	or	80-89
High Blood Pressure Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis	Higher than 180	and/or	Higher than 120