STAY ON A HEALTHY TRACK.
Know your numbers.

Get a blood pressure monitor at no out-of-pocket cost.

High blood pressure – also known as hypertension – can cause heart attacks, stroke, kidney failure and more. It’s a silent killer – because often it has no symptoms. To help you track your blood pressure numbers, you can have a blood pressure monitor at no out-of-pocket cost. It’s part of our Hypertension Management Program.

Here’s how it works:
1. Complete the Blue Health Assessment at fepblue.org/bha and answer “yes” to the question “Has your doctor ever diagnosed you with high blood pressure?”
2. After we receive a claim from your provider noting that you have hypertension, you’ll automatically be enrolled in the Hypertension Management Program.
3. We’ll send you a letter with instructions on how to get your no-cost monitor.

With a monitor at home you can easily check your blood pressure anytime – and help keep your health on track. Learn more at fepblue.org/bha.

**You must be the contract holder or spouse, 18 or older, on a Standard or Basic Option Plan to be eligible for this program.
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Put me on your phone!
Snap a photo for future reference.
Learn more about wellness. Visit fepblue.org today.