



Have you talked to your provider about your blood pressure lately?

Knowing your blood pressure numbers today can help prevent a heart attack or stroke later.



REWARDS FOR YOU
Look inside to learn more.



Federal Employee Program.

Healthy EndeavorsSM

In touch

P.O. Box 2291
Durham, NC 27702-2291

**FIND A PROVIDER OR PHARMACY
IN YOUR NETWORK**

www.fepblue.org/provider

Scan here to get started!



Your plan for better health.SM

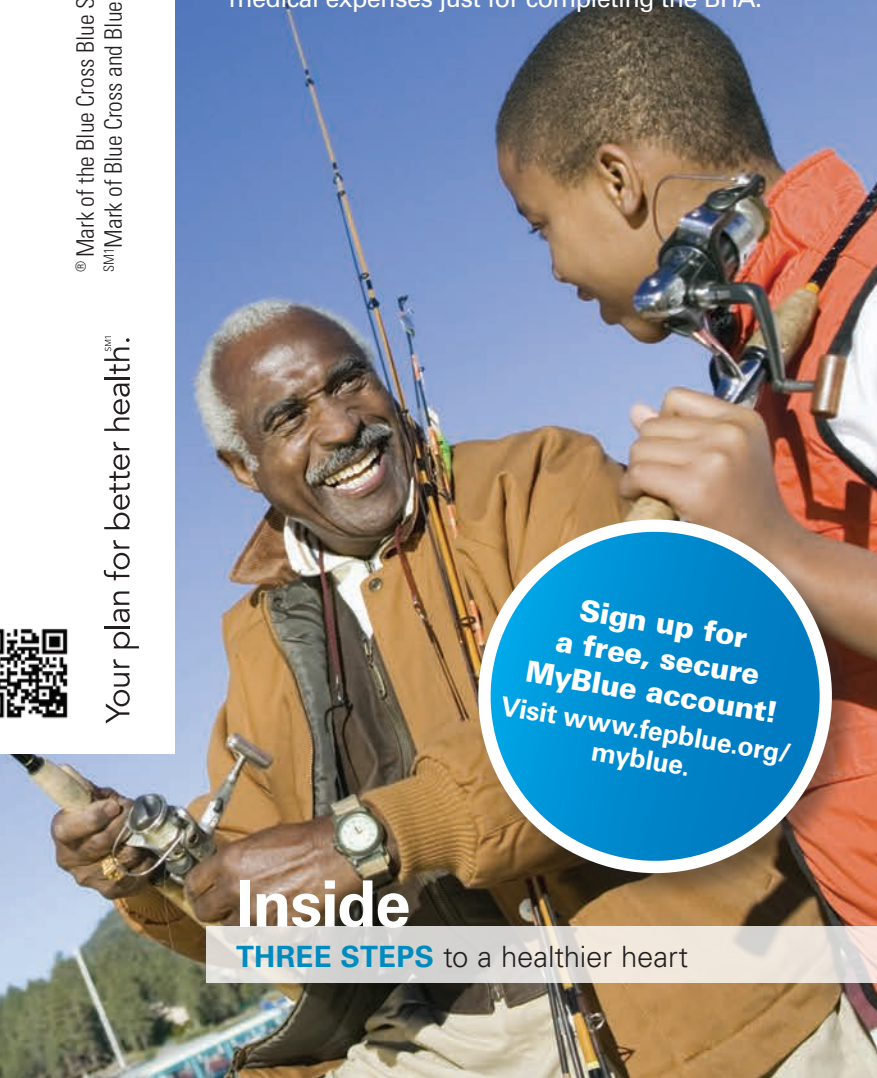
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Manage your health. Earn rewards.

The Blue Health Assessment (BHA) can help you address health risks before they become a problem. Answer some simple questions, and in just 10 minutes, you'll receive a personalized plan for healthier living. Plus you'll earn \$50 toward qualified medical expenses just for completing the BHA.



Sign up for a free, secure MyBlue account!
Visit www.fepblue.org/myblue.

Inside
THREE STEPS to a healthier heart

Does your provider say you have hypertension, or high blood pressure?

Take three steps

1+2=FREE
After you complete steps 1 and 2, you are eligible to receive a **FREE** blood pressure cuff. Plus, you may qualify to earn \$50 on your MyBlue® Wellness Card to use for certain medical expenses — just for filling out the BHA! (You must be age 18 or older.)

1 Visit your provider: Ask your provider to check and record your blood pressure. Discuss what you can do about hypertension. You may also want to ask about your blood pressure cuff size.

3 Check your blood pressure at home regularly using the blood pressure monitor you can receive after completing step 2. Keep track of the readings and share them with your provider regularly.

2 Complete the Blue Health Assessment (BHA) and indicate that you have been diagnosed with hypertension. You can find the BHA at www.fepblue.org/bha. This will earn you \$50 on your MyBlue® Wellness Card to use for certain medical expenses.

Know your numbers

	NORMAL	PRE-HYPERTENSION	HIGH
Top number (systolic pressure)	below 120	120–139	140 or above
Bottom number (diastolic pressure)	below 80	80–89	90 or above