

UNDER PRESSURE

Understanding how hypertension affects you



Hypertension or high blood pressure is often called “the silent killer” because it may have no outward signs or symptoms.

Blood pressure is the force exerted on your blood vessels when your heart pumps. When it’s high, your arteries and vital organs can be damaged.

You can improve your blood pressure with lifestyle changes, daily tracking and support from a proven program.

Manage through lifestyle changes

- Eat a heart-healthy diet and stay hydrated
- Stay active by exercising 2½ hours weekly
- Manage stress
- Monitor your blood pressure
- Manage other medical conditions you may have
- Take your medicine as prescribed

The normal range for blood pressure is

below **120**
and/or below **80**¹ **Is yours higher?**



The Hypertension Management program from Livongo provides the resources and support you need to get your condition under control. Your team will guide you with the right information, customized to your needs.

“I used the system every day for a year and a half. My main quest was to get the blood pressure down...to get off the medicine. I eliminated sugar, lost 75 pounds and my blood pressure stabilized. The program was extremely valuable.” Fred C.

Get started with Livongo today

Visit **Ready.Livongo.com** or call **800-945-4355** or download the app

¹<https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>

Las comunicaciones del programa Livongo están disponibles en español. Al inscribirse, podrá configurar el idioma que prefiera para las comunicaciones provenientes del medidor y del programa. Para inscribirse en español, llame al 800-945-4355 o visite [Hola.Livongo.com](https://www.hola.livongo.com). The testimonials, statements and opinions presented are applicable to the individuals depicted. Each member's exact results and experience will be unique and individual to each member. The testimonials are voluntarily provided and are not paid. Program includes trends and support on your secure Livongo account and mobile app but does not include a phone or tablet. You must have an iPhone or Android smartphone and install the Livongo app to participate in the Livongo program. © Teladoc Health, Inc. All rights reserved. Teladoc Health marks and logos are owned by Teladoc Health, Inc. All programs and services are subject to applicable terms and conditions.