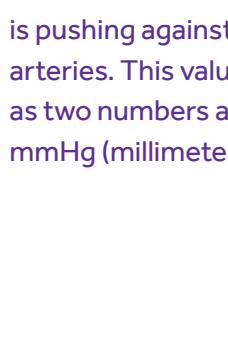


Your Guide to heart health



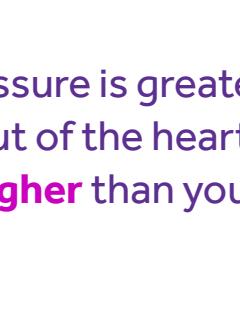
Blood pressure

is a measure of how hard the blood is pushing against the walls of the arteries. This value is always recorded as two numbers and measured in mmHg (millimeters of mercury).



Systolic

(the top number)
how much pressure the blood is exerting against the artery walls when the heart beats.

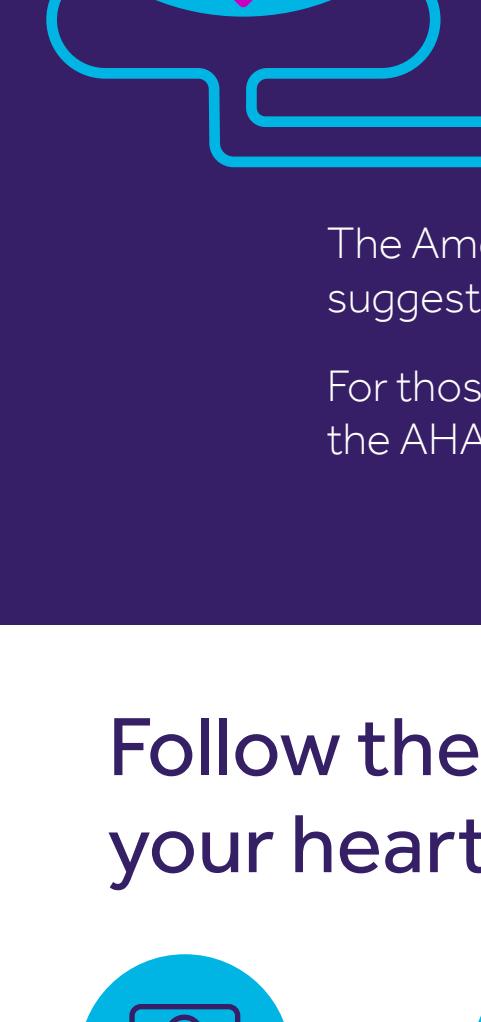


Diastolic

(the bottom number)
how much pressure the blood is exerting against the artery walls when the heart is resting between beats.



Because pressure is greatest when blood is pumped out of the heart, your **systolic number is higher** than your diastolic number.



High blood pressure (also called hypertension)

occurs when blood pushes too hard against artery walls, causing damage to them. As the damage heals, it turns into scar tissue. **The arteries become stiff and weak.**

The American Heart Association (AHA) suggests a target of **120/80 mmHg**.

For those with a history of high blood pressure, the AHA suggests a target of **130/80 mmHg**.

Follow these tips to keep your heart healthy.



Maintain a healthy weight

If you are overweight, even a small amount of weight loss (5-10 pounds) can lower your blood pressure.



Limit your sodium intake

Try to consume below 2,300 mg (1 teaspoon of salt) a day.



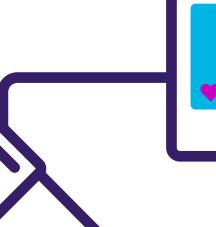
Be physically active

The CDC recommends 150 minutes of moderate-intensity exercise a week. Start slow and do what feels



Eat a balanced diet

Include plenty of fruits and vegetables in your diet.



Manage your stress

Practice mindfulness, get regular exercise—

find the stress relief activities that work

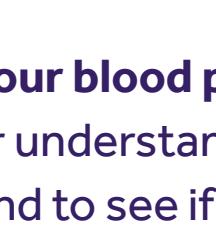
best for you.



Drink alcohol only in moderation

That's up to one drink per day for women, or up

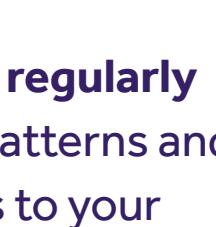
to two per day for men.



If you smoke, quit

Talk to your healthcare provider

about ways to quit.



Take medications as prescribed

Talk to your doctor if you have any questions about your medicine.

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Check your blood pressure regularly to better understand your patterns and trends and to see if changes to your lifestyle or medication are needed.