



# My Heart, My Health

Nearly half of Americans have high blood pressure, and most people have no symptoms.<sup>1</sup> CountyCare's **My Heart, My Health** program gives tools, tips and treatment options to help you control high blood pressure and stay healthy. Our goal is to enable people to live long, healthy lives with the ones they love.

1. Centers for Disease Control and Prevention, [https://www.cdc.gov/high-blood-pressure/data-research/facts-stats/index.html?utm\\_source=chatgpt.com](https://www.cdc.gov/high-blood-pressure/data-research/facts-stats/index.html?utm_source=chatgpt.com)

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**Member Services**  
312-864-8200  
855-444-1661 (toll-free)  
711 (TDD/TTY)  
[www.countycare.com](http://www.countycare.com)

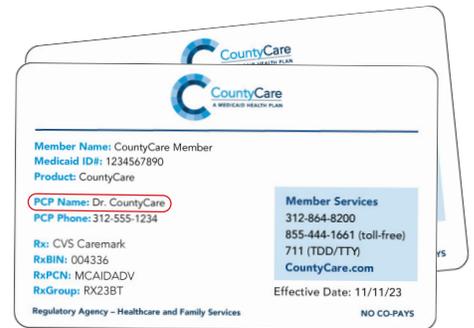
## What is high blood pressure?

High blood pressure (also called hypertension) is when the force of your blood pushing against the walls of your blood vessels is too high. Many people do not know they have high blood pressure until something serious happens like a stroke or heart attack.

## Why is high blood pressure bad?

High blood pressure is called the “silent killer” because it usually does not show any signs. High blood pressure can harm your heart, kidneys and brain before you know anything is wrong. It can lead to serious health problems, such as a heart attack or stroke.

That’s why it’s important to see your primary care provider (PCP) for an annual well-check once a year to have your blood pressure checked. You can find your PCP on your member ID card.



# What causes high blood pressure?

High blood pressure does not often have one specific cause. It happens because of several factors. Some factors you can change, and others you have no control over. You may need to make more than one change to lower your blood pressure. The good news: you can start lowering your blood pressure TODAY. The choices you make every day can help lower your risk.

## Things you CAN change:



**Diet** - Eat less salt and more fruits, vegetables and whole grains.



**Smoking** - Quit smoking. Smoking can make blood pressure spike and damage your arteries.



**Exercise and weight loss** - Moving your body every day can help you lose weight and lower blood pressure.



**Alcohol and caffeine** - Limit or avoid alcohol and caffeine. Drinking too much alcohol and caffeine can increase your blood pressure.



**Stress** - Deep breathing, taking breaks or finding other healthy ways to relax can help lower your blood pressure.



**Drug use** - Avoid using drugs like cocaine, methamphetamine, "bath salts" or other stimulants. These can sharply raise your blood pressure.



**Sleep** - Get good-quality sleep each night.



**Medications** - Talk with your doctor about medications and their side effects. Some medications can make it harder to control your blood pressure.



**Health conditions** - See your PCP at least once a year to treat conditions like obesity, diabetes, pregnancy or kidney disease that can raise blood pressure.

## Things you CAN'T change:



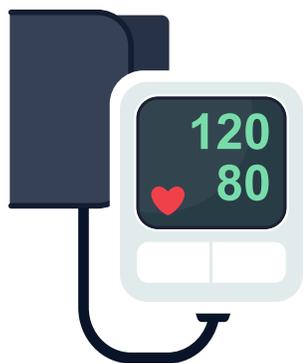
**Age** - High blood pressure risk goes up as you age because blood vessels grow thicker and stiffer with age.



**Sex** - High blood pressure is more common in men before age 65 and more common in women after age 65.



**Genetics/family history** - High blood pressure can run in families. Tell your doctor if your family has a history of high blood pressure.



## Benefits of the My Heart, My Health Program:

CountyCare offers special benefits for members with high blood pressure. These benefits can help you take control of your blood pressure and improve your health.

### Weight Watchers

Losing even five pounds can help lower blood pressure. CountyCare offers free Weight Watchers vouchers for members ages 13 and older. These vouchers let you attend meetings at no cost. These vouchers do not cover the cost of Weight Watchers meals.

**How to get vouchers:** Call Member Services at 312-864-8200. CountyCare will mail them to your home.

### Blood pressure monitors

You can get a free blood pressure monitor to use at home. Ask your doctor to call CountyCare, and we will send it to your home.

### Cash rewards

Earn cash on your Visa Rewards card for seeing your doctor and filling your prescriptions.

**PCP visit reward:** Get rewards on your Visa Rewards card each year when you see your primary care doctor for your yearly checkup.

**Medication refill reward:** If you are age 18 or older and fill your high blood pressure medication every month for six months in a row, you get \$50 on your Visa Rewards card.

### Medication

Your doctor may prescribe medications to help with your high blood pressure. There are no costs for covered medications with CountyCare.

### Help to quit smoking

Quitting smoking can decrease your blood pressure. CountyCare is proud to partner with the American Lung Association to offer free help to quit.

**Call the Tobacco Quitline** at 1-800-LUNGUSA (1-800-586-4872)

Hours: Mon.-Fri. 7 a.m. – 9 p.m. CT, Sat.-Sun. 9 a.m. – 5 p.m. CT. You can leave a message after hours to get a call back.

### Care coordination

All CountyCare members can get care coordination services. Having a care coordinator means you have someone on your side to help you stay healthy. Your [care coordinator](#) can:

- Help you find a doctor
- Arrange rides to your appointments
- Connect you to food and housing resources

*If you use this program for rent or utilities, Housing and Urban Development (HUD) requires it to be reported as income if you seek assistance. Contact your local HUD office if you have questions.*

