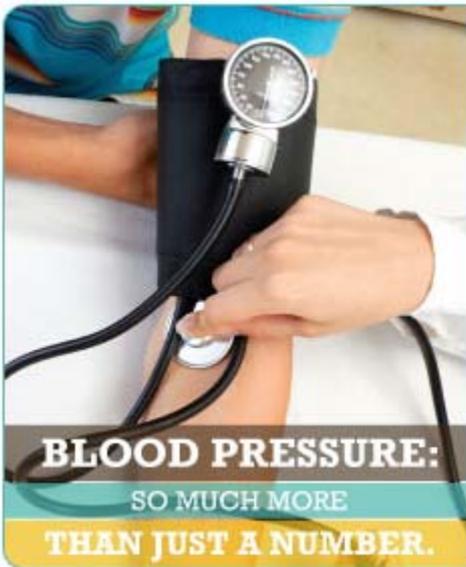


Living Well Tip of the Week

High blood pressure increases your risk of heart attack, heart failure, and stroke. Take action today to keep your blood pressure in a healthy range (less than 120/80 mmHg) or to lower it:



- ✓ Quit smoking.
- ✓ Lose weight if you are overweight or obese.
- ✓ Eat a healthy diet full of fruits and vegetables and lower your sodium intake to less than 1,500 milligrams a day.
- ✓ Limit alcohol to two drinks a day for men, one drink a day for women.
- ✓ Get regular aerobic exercise at least 30 minutes a day, most days of the week.
- ✓ Complete the confidential **HealthQuotient** at www.livingwell.utsystem.edu to assess your overall health and to take advantage of a personalized action plan to improve it.
- ✓ The **NurseLine** offers around the clock access to experienced registered nurses who can help with your health care concerns. Call toll-free: 1-888-315-9473, 24 hours a day, 7 days a week.
- ✓ **Condition Management Programs** offer personalized support for UT SELECT members with chronic conditions. Members receive educational tools such as condition-specific mailings and a free blood pressure cuff for hypertension. To learn more about this voluntary health improvement program, call 1-800-462-3275.

Did You Know? UT SELECT Medical now provides 100% coverage for Preventive Screenings and provides Free Smoking/Tobacco Cessation Programs available to all UT SELECT members. Learn more at www.LivingWell.utsysrtem.edu.