

How does our Hypertension (High Blood Pressure) program help you?

Florida Community Care's Hypertension (High Blood Pressure) Program has a team of clinical staff with experience helping members who live with a chronic illness.

Our programs for chronic care include educating you about your conditions. We also teach you self-management tools, and help you reach your goals.

We provide the following support to all our members:

Education on preventive screenings that may help manage the disease and identify other conditions

Review of your medicines with the primary physician and/or specialist

Education on symptoms, and how to report and control them

Education on the importance of checking your blood pressure and keeping track of it

Education on how to manage the disease and reach your goal

Emotional support to all our members and their caregivers

Diet education and referral to registered dietitian

**Take charge of your health
with Florida Community Care**



Florida Community Care, LLC.
5200 Blue Lagoon Drive - Suite 500
Miami FL 33126

1-833-FCC-PLAN
www.fcchealthplan.com

This information is available for free in other languages. Please contact our customer service number at 1-833-FCC-PLAN or TTY 711, Monday to Friday 8am to 8pm.

Esta información está disponible gratis en otros idiomas. Por favor, póngase en contacto con nuestro número de Servicios para Miembros a 1-833-FCC-PLAN o TTY 711, de lunes a Viernes, de 8 a.m. a 8 p.m.



Don't let Hypertension (High Blood Pressure) stress you out

Keep calm!
*Florida Community Care
is here to help.*



Hypertension or High Blood Pressure is a condition that cannot be cured, but **CAN** be managed.

Florida Community Care can help!

Hypertension or High Blood Pressure is a disease that can have an impact on your quality of life. There is also added stress on your family members and caregivers.

You may start finding it difficult to do everyday activities. Activities that were once easy to do.

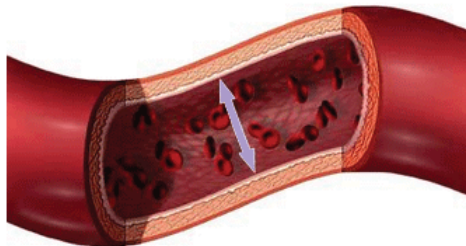
It is important to manage this condition. With the support of your care manager, you can learn how to report and control your symptoms.

By managing some of the causes, you can help prevent the diseases from getting worse.

A customized care plan can help you and your loved ones regain control.

What is Hypertension or High Blood Pressure?

Hypertension or High Blood Pressure is when the force of your blood in your arteries is always high. This can cause damage to the walls of your arteries.



This high force, if always constant, will cause the heart and lungs to work harder than normal and cause damage to the heart and lungs.

It is important to lower the force so that the work on the heart and lungs is also decreased.

This can be done by medicine, diet, exercise, decreasing stress, and/or losing weight.

Do You #KnowYourNumbers?

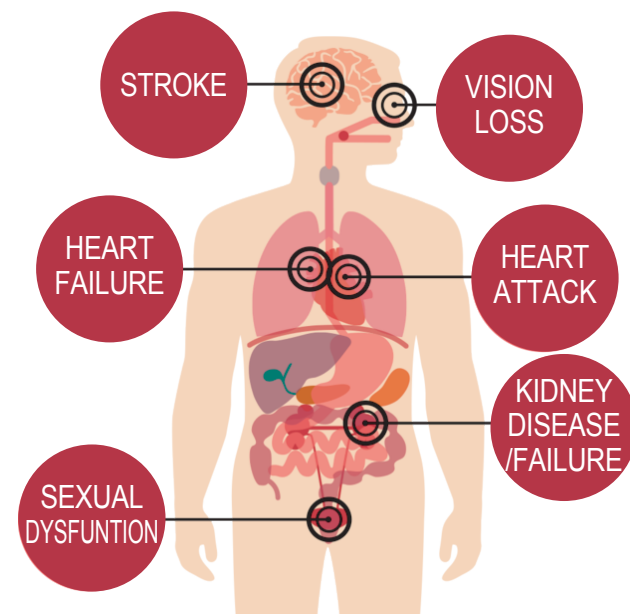
Stages of **High Blood Pressure** In Adults

Stages of High Blood Pressure	Systolic	Diastolic
Stages One High Blood Pressure	140-159	90-99
Stages Two High Blood Pressure	160+	100+

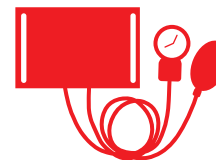
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What are the complications from Hypertension (High Blood Pressure)?



What can you do?



High Blood Pressure Is Manageable

Reduce Your Risk:

- Limit Sodium
- Be Physically Active
- Maintain Healthy Weight
- Manage Your Stress
- Take Your Medications



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