

♥ February is American Heart Month ♥

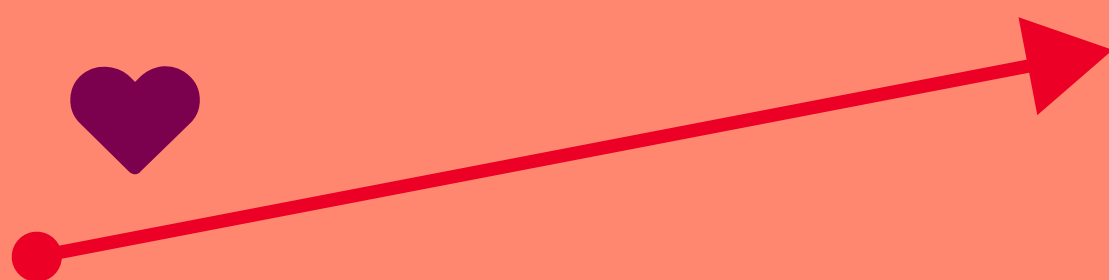
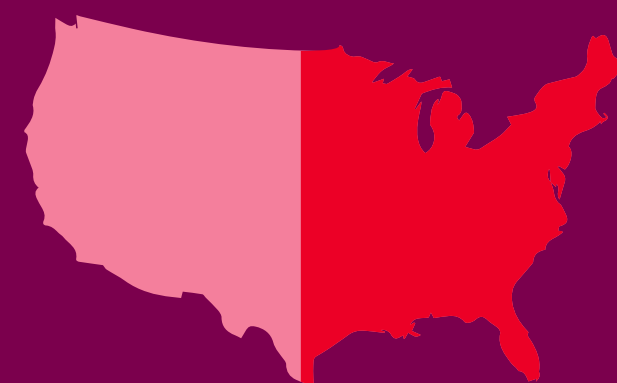
What you need to know about high blood pressure

Kaiser Permanente leads Colorado and is among the nation's best health plans in controlling high blood pressure and heart disease.¹

High blood pressure is when the force of blood (pressure) flowing through your blood vessels is consistently too high.



Nearly half of all Americans have high blood pressure and many don't know they have it.²



High blood pressure is a "silent killer." It can increase your risk of heart disease, stroke, and other health conditions.



The best way to lower and control high blood pressure is to know your numbers, track your blood pressure regularly, and maintain a healthy lifestyle.

1. Source: National Committee for Quality Assurance, 2021.

2. American Heart Association, 2017.