

An important message from CenCal Health.



It might be time for a blood pressure checkup!

Make an appointment with your doctor to talk about your blood pressure. If you have high blood pressure, it is important to regularly check your blood pressure to make sure it stays in control.

High blood pressure increases your risk for heart disease, stroke, and kidney problems.



Did you know?

You can get a <u>FREE</u> blood pressure monitor every five years and a cuff every year!

- 1. Ask your doctor to write a prescription for a home blood pressure monitor and/or cuff.
- 2. Take the prescription and your CenCal Health member ID card to your pharmacy.

If you have questions about a free monitor and/or cuff, please contact Medi-Cal Rx for details at (800) 977-2273.



Here are some things you can do to stay as healthy as possible:

- Eat heart-healthy foods and limit sodium (salt).
- Get regular exercise. Experts recommend moderate exercise, 2 hours a week.
- Limit alcohol to 2 drinks a day for men and 1 drink a day for women.
- Track your blood pressure daily and share your results with your doctor.
- If you have been prescribed blood pressure medicine, take it as instructed by your doctor.

To learn more about managing high blood pressure, open your mobile phone's camera & point it to this QR code, then click the link.

Home Blood Pressure Log									
Name: Target blood pressure:									
Date:	Time (a.m.)	Blood pressure	Time (p.m.)	Blood pressure	Comments				
Sample: 8/6	8:15	138/87	6:20	142/92	Stressful day				





To see if you qualify for **free transportation** to your appointment, call CenCal Health's Member Services department toll-free at 1-877-814-1861 (TTY/TDD 1-833-556-2560 or 711), Monday - Friday, 8 a.m. - 5 p.m. or Ventura Transit Systems at (855) 659-4600.



For access to our **online health education library** with information, tools, and resources for preventive care and healthy lifestyles, visit www.cencalhealth.org and click on "Health and Wellness."



To **speak with a Health Educator** at CenCal Health, please call 1-800-421-2560 ext. 3126. Leave a voicemail with your request for support or information, and we will call you back as soon as possible. You can also request health education materials through your Member Portal account at grco.de/CCHmemberportal.

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Date:	Time (a.m.)	Blood pressure	Time (p.m.)	Blood pressure	Comments
Sample: <i>8/6</i>	8:15	138/87	6:20	142/92	Stressful day at work