

A Call to Change ... Solutions for High Blood PressureSM

High blood pressure, or hypertension, has earned its nickname as the “silent killer” because it is a serious condition that has no symptoms. Even if you feel fine, high blood pressure can take its toll on your health, increasing your risk for other health concerns including heart disease, stroke, and kidney failure.

This course is designed to help you create a personal action plan for managing your blood pressure. Working one-on-one at your own pace you will learn about:

- ✓ High blood pressure and what it means for you and your health
- ✓ Food and activity choices that can lower your blood pressure
- ✓ Medication and its role in managing blood pressure
- ✓ Setting realistic goals to improve your overall health

Here's how it works:

- ◆ You'll talk one-to-one with two counselors — a registered dietitian and a pharmacist — during 20-minute phone calls.
- ◆ You may schedule your phone sessions between 7 a.m. and 10 p.m., CT, Monday through Thursday and between 7 a.m. and 6 p.m., CT, Friday — at home, work or anyplace that's convenient for you.
- ◆ You'll complete workbook activities on your own time that will give you the tools and personal guidance you need to manage your blood pressure.

For more information or to register, please call 952-883-7800, 1-800-311-1052 (outside the Twin Cities metro area) or our TTY line at 952-883-7498.