High blood pressure.
Are you at risk? Make an appointment with your doctor today.

By taking action with your high blood pressure (also known as hypertension), you can help lower your risk for heart disease and live a healthier life.

See your doctor, it's important.

- High blood pressure can be managed with a doctor's help.
- You can talk to your doctor about your health.
- Together, you can start or update your care plan.

This visit is covered by UnitedHealthcare.

- See your in-network primary care provider (PCP) for this visit.
- Your PCP is the main doctor you see for most of your care.
- Remember to bring your member ID card to the visit.

Get help with your appointment.

- From scheduling your next checkup appointment to finding a doctor, count on us to help you get the care you need, as soon as you need it.
- Call **Member Services at <1-XXX-XXX-XXXX, TTY 711>, [<Monday – Friday>, <8 a.m. – 6 p.m.>,]** for help making an appointment or finding a PCP.

See the back side to learn more.

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What to expect at the visit.

1. Your doctor will check your blood pressure and discuss your blood pressure goal.
2. During the visit, let your doctor know about any of your health concerns. Having a discussion can help get your worries off your mind.
3. Bring your medications to your appointment. This visit is a good time to review medications.
4. Your doctor will let you know how often you should check your blood pressure, what to do if you have any symptoms and any steps you should take to help prevent problems.[1]

Other important steps for your health.

- Know the risks for high blood pressure.
- Know and track your numbers, like blood pressure and cholesterol.
- Get plenty of physical activity and make healthy food choices.

More ways we can help.

- [**NurseLine.** Questions about your health? Speak with a registered nurse 24/7. Call **<1-XXX-XXX-XXXX>, TTY 711.**]
- [**Equipment and supplies.** In-home medical equipment (like a blood pressure monitor) is covered.]
- [**Need a ride?** We provide rides to and from medical visits.]

<myuhc.com/CommunityPlan>

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UnitedHealthcare complies with all Federal civil rights laws that relate to healthcare services. UnitedHealthcare offers healthcare services to all members without regard to race, color, national origin, age, disability, or sex. UnitedHealthcare does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. This includes gender identity, pregnancy and sex stereotyping.

UnitedHealthcare also complies with applicable state laws and does not discriminate on the basis of creed, gender, gender expression or identify, sexual orientation, marital status, religion, honorably discharged veteran or military status, or the use of a trained dog guide or service animal by a person with a disability.

We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call 1-877-542-8997, TTY 711, Monday through Friday, 8:00 a.m. to 5:00 p.m.

ATENCIÓN: Si habla español, hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al número de teléfono gratuito que aparece en su tarjeta de identificación.

[1]CDC.gov