



Paramount is dedicated to helping people live healthier through all stages of life. For those at risk for heart disease, this checklist covers key things to monitor and discuss with your provider to keep your heart healthy.

Visits with your primary care provider (PCP) are important to improve your overall heart health. Use this chart to monitor your blood pressure readings.

		Stage 1			Stage 2	Consult your doctor immediately
		Normal	Elevated	Hypertension	Hypertension	Hypertensive Crisis
Category	Systolic	Less than 120	120–129	130–139	140 or higher	Higher than 180
	Diastolic	Less than 80	Less than 80	80–89	90 or higher	Higher than 120

Recommendations provided by the American Heart Association

High blood pressure can lead to heart failure, heart attack, stroke, impaired vision and kidney failure. Regularly monitoring your blood pressure is one way to keep an eye on your heart health.

Make sure to talk with your PCP about the following topics.

Goals	Activity	Learn More
Manage Blood Pressure	Check your BP regularly at home and at every doctor's appointment. Simple Steps for an Accurate Blood Pressure Reading Before Your Screening - Do not smoke, drink caffeinated beverages or alcohol, or exercise 30 minutes before your screening. - Empty your bladder. During Your Screening - Sit in a chair with your feet flat on the floor. - Do not place the blood pressure cuff over any clothing. - Relax and do not talk. - Support your arm at heart level on a table or with support from your other arm.	High blood pressure (130/80 and above) is typically addressed through lifestyle changes such as weight loss, regular exercise, diet and stress management. Your Primary Care Provider (PCP) may suggest adding medication to help control blood pressure.
Get Regular Exercise	The American Heart Association recommends 150 minutes per week of moderate physical activity. Activities like walking, biking, swimming, water aerobics, or dancing are great!	Too much sitting and other sedentary activities can increase your risk of heart disease and stroke.
Quit Smoking	Discuss your quit plan with your health care provider to determine what support you might need to be successful. Call the Ohio Tobacco Quit Line at 1-800-QUIT-NOW (1-800-784-8669) for help.	Nicotine increases your blood pressure and contributes to hardening of the artery walls, increasing your risk of heart attack.
Manage Weight	Complete a weight check at your annual wellness visit and discuss your target BMI with your PCP. An ideal BMI is usually between 18.5 and 24.9.	Body Mass Index (BMI) is an indicator of the amount of body fat for most people. Excess weight increases the work put on the heart and can raise BP.
Manage Cholesterol	Annually discuss your risks factors with your PCP, how often you should have your cholesterol checked and your target numbers. Discuss treatment options to manage your cholesterol such as healthy diet, regular exercise, and medications.	Cholesterol is a fat-like substance in the blood. Too much cholesterol can cause a sticky substance called plaque to build up in your blood vessels. Plaque can block blood vessels, which makes your heart work harder than it should. This can lead to heart attacks and strokes.
Eat a Healthy Diet	Try to eat whole foods, lots of fruits and vegetables, lean protein, nuts, seeds.	Read nutrition labels to choose those with less sodium, added sugars and saturated fat. Look for the Heart-Check mark to find foods that have been certified by the American Heart Association as heart-healthy foods.

Goals	Activity	Learn More
Manage Your A1C	If you have diabetes, check your A1C levels every 6 months or more often as recommended by your provider to keep your A1C below 7%.	Your risk of heart disease increases if you have diabetes, so it's important to keep your A1C at a healthy level.
Get Plenty of Good Sleep	Most adults need 7-9 hours of sleep each night.	Lack of quality sleep and conditions like insomnia or sleep apnea can lead to serious health conditions, such as high blood pressure and heart disease.
Manage Your Stress	Talk to your provider about stress management and screenings that may pertain to you.	Constant stress and anxiety may raise your blood pressure.

Resources to Help Improve Your Heart Health

SilverSneakers for Plan Members

If you have a Paramount Elite plan, you have free access to SilverSneakers. This program for people ages 65 and up offers online video workouts, a fitness app, in-person classes in your community and access to more than 15,000 fitness locations across the United States. Visit www.SilverSneakers.com to find out more.

Virtual Therapy

SonderMind is in-network with most Commercial and Medicare Advantage plans. Connect with a therapist or psychiatrist through SonderMind, visit SonderMind.com or call 1-866-646-8581 to see if you qualify.

Quit Smoking

Call the Ohio Tobacco Quit Line at 1-800-QUIT-NOW (1-800-784-8669) for help.