

Your Quick Guide to Understanding and Fighting Hypertension



Taking Steps in the Right Direction

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Hypertension, also known as high blood pressure, means your blood pressure is causing strain on your blood vessels, which can negatively affect your body's overall functioning.

Blood pressure is defined using two numbers, systolic and diastolic pressure. Systolic pressure is the maximum pressure occurring when the heart is beating. Diastolic

pressure is the arterial pressure between beats.

Systolic is considered more critical; it generally increases with age due to long-term buildup of plaque, which is an indicator of cardiovascular disease. Hypertension is linked to major conditions, such as heart attacks or stroke, so early intervention is critical.

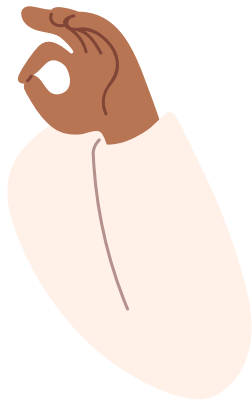
When it comes to the numbers,

[here are the guidelines from the American Heart Association.](#)

If you don't know your blood pressure readings, many pharmacies have free blood pressure machines, so you can establish a baseline reading.

If you think you may be hypertensive or have been diagnosed with hypertension, we invite you to join Antidote Health's Hypertension Care Service.

Blood Pressure Category	Systolic mm Hg (upper number)	And/Or	Diastolic mm Hg (lower number)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertension Crisis (Consult your doctor immediately)	Higher than 180	and/or	Higher than 120



Quick Steps to Address Your Hypertension

The traditional advice, “Eat a healthy diet and exercise,” applies to hypertension as well. You can also take these three steps to immediately address hypertension.

1. Reduce salt consumption

Your body has a natural sodium balance, and eating too much salt throws it out of balance. Excess salt causes you to retain fluid, which automatically increases blood pressure as more volume needs to be pumped through your blood vessels – which can “stretch” only to a point and may be clogged with plaque, making them even less flexible.

2. Get more sleep

Lack of sleep has been traced to many physical and psychological conditions. According to the Mayo Clinic, sleep helps your body better regulate hormones related to your metabolism and stress. Long-term lack of sleep causes hormone irregularities, which increase the chance of high blood pressure.

3. Quit smoking

Healthline reports that the chemicals in tobacco cause inflammation and narrow your arteries – hardening them by damaging the blood vessel walls. The less flexible the walls are, the higher your blood pressure.





Get Personalized Hypertension Care with Antidote Health

If blood pressure is a concern, we invite you to join Antidote Health's Hypertension Care Services (HCS). You'll meet with a certified doctor during a one-on-one video medical session to help guide you toward effective blood pressure management, improving your quality of life, and reducing the risk for progressed disease and early death.

What makes HCS unique is its frequent, user-friendly follow-up. You'll receive regular surveys asking for details about how you are progressing in your hypertension fight. HCS doctors receive your answers, allowing for immediate medication or treatment adjustment, unlike traditional hypertension care

where medication is only reviewed and changed during the three-to -six-month follow-up appointment.

Delivering Healthcare for All

These blood pressure tips have been brought to you by Antidote Healthcare. We believe healthcare is a basic human right; our services democratize access. Antidote Healthcare is a leading telehealth company, working with individuals, businesses of any size, and non-profits to ensure that everyone can have affordable and immediate access to high-quality acute and primary healthcare. Download Antidote Healthcare's no-cost app so when you need a medical professional – you have a sore throat, your

child has a fever in the middle of the night, you need a sick note – you can join one of our individual, family, or one-time plans to speak to a clinician within minutes.

Available to more than 50 percent of the U.S. population, Antidote Healthcare serves families of all sizes, allowing them to:

- Meet with a board-certified medical professional within minutes, 24/7/365
- Lower prescription costs with an RX savings card
- Enjoy healthcare services for the entire family for a single price
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Download Our App and Speak to a Doctor Today about Our Hypertension Care Services

About Antidote Health

Antidote Health, a leading telehealth company, believes healthcare is a fundamental human right; our services democratize access, delivering care for the whole family for a single price. We work with businesses of any size, non-profits, and individuals to ensure that everyone can have affordable, high-quality acute, primary, and chronic care services. Available 24/7/365 to more than 60 percent of the U.S. population. For more information and to see what our users think, [visit our website](#).



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is available 24/7

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