

Do you have high blood pressure?

Have you checked your blood pressure?



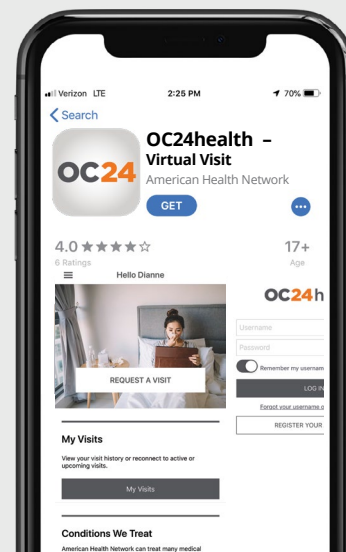
OC24health is here for you.

High blood pressure is a largely symptomless “silent killer.” If you ignore your blood pressure because you think a certain symptom or sign will alert you to the problem, you are taking a dangerous chance with your life.*

The image below will help you understand healthy numbers for blood pressure. If your blood pressure is elevated, you should see a doctor, and remember you have access to OC24health any time you need care.

Blood Pressure Category	SYSTOLIC mm Hg (upper number)		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	and	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 or HIGHER	and	80 - 89
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and	HIGHER THAN 120

*Source: heart.org/en/health-topics/high-blood-pressure



 OC24health.com |  Download the app |  855.617.2116

Use your account to:

- Talk to a doctor/provider 24/7, anytime, anywhere.
- Get a diagnosis of your symptoms, treatment plan, and a prescription when needed.
- Download the app and enjoy the convenience of quality care on the go.



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If you or a covered dependent has a fever, cough or shortness of breath, call your doctor right away or video chat with one of our doctors or providers 24/7 through the OC24 app.

Staying informed can keep our communities safe. For the most up-to-date information about COVID-19, visit the Centers for Disease Control and Prevention (CDC) website at www.cdc.gov.