

High Blood Pressure and Diabetes: Risk Reduction Tips



High Blood Pressure (BP), also known as hypertension, is a condition that changes the flow of blood through your body. It can often be prevented or treated. High blood pressure makes your heart work too hard and can cause damage to your heart and blood vessels, increasing your risk for heart disease and stroke.

Diabetes is a condition that can cause your blood sugars to be in an unhealthy range. Having diabetes and high blood pressure puts you at increased risk for heart disease, vision problems, and kidney issues.



Follow these important steps to manage your high blood pressure and diabetes:

- ◆ Know and understand your blood pressure numbers.
- ◆ Use the chart on the next page and talk with your healthcare provider to find your healthy blood pressure range. Make a plan to manage your blood pressure, including the use of a self-monitoring blood pressure device (covered by HUSKY Health with a prescription from your healthcare provider). It's important for you to monitor and follow up with your provider regularly.
- ◆ Check out [7 Tips to Getting a Correct Blood Pressure Reading](#).
- ◆ Make sure to take any prescribed medications for your diabetes and blood pressure.
- ◆ Talk to your healthcare provider about your healthy blood sugar range and what you can do if your blood sugars are not in a healthy range.
- ◆ For information on managing your diabetes, review the [HUSKY Health Diabetes Webpage](#).

If you have any questions about your HUSKY Health benefits, or need help finding a healthcare provider, you can call us at **1.800.859.9889**, Monday through Friday from 8:00 a.m. – 6:00 p.m. You can also send us a secure email by [clicking here](#). We can help no matter what language you speak.

These are the sources we used to develop this material for you:

<https://www.cdc.gov/bloodpressure>

<https://newsinhealth.nih.gov/2016/01/blood-pressure-matters>

https://www.huskyhealthct.org/members/diabetes_health.html#understanding

https://www.cdc.gov/diabetes/diabetes-complications/diabetes-and-your-heart.html?CDC_AAref_Val=https://www.cdc.gov/diabetes/library/features/diabetes-and-heart.html

https://www.cdc.gov/high-blood-pressure/data-research/facts-stats/?CDC_AAref_Val=https://www.cdc.gov/bloodpressure/facts.htm

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ATTENTION: If you speak a language other than English, language assistance services are available to you, free of charge. Call 1.800.859.9889 (TTY: 711) for assistance.

Español (Spanish): ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.800.859.9889 (TTY: 711).

Português (Portuguese): ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1.800.859.9889 (TTY: 711).

Blood Pressure Category	Upper # (Systolic)	Lower # (Diastolic)	Things to talk about with your healthcare provider
Normal	Less than 120	Less than 80	How often your blood pressure should be monitored.
Elevated	120-129	Less than 80	<ul style="list-style-type: none"> ✓ How often your blood pressure should be monitored. ✓ What risk factors you may have that may be causing an elevated blood pressure.
High Blood Pressure (Hypertension Stage 1)	130-139	80-89	<ul style="list-style-type: none"> ✓ Call your provider's office if your blood pressure is above 130 (Upper) or higher than 80 (Lower). ✓ Share your concerns about anything that is making it hard for you to manage your blood pressure. ✓ Ask what steps you can take to manage your blood pressure.
High Blood Pressure (Hypertension Stage 2)	140 or higher	90 or higher	<ul style="list-style-type: none"> ✓ Call your provider's office if your blood pressure is above 140 (Upper) or higher than 90 (Lower). ✓ Let your provider know if you're feeling any symptoms of high blood pressure such as headache or dizziness. ✓ Talk about a plan to better manage your blood pressure.
Dangerously High Blood Pressure (Hypertensive Crisis)	Higher than 180	Higher than 120	<p>Call 911 or get to an Emergency Department RIGHT AWAY if you have any of the following signs of high blood pressure:</p> <ul style="list-style-type: none"> ✓ A headache ✓ Dizziness ✓ Blurry vision ✓ Chest pain ✓ Shortness of breath at rest <p>Call your provider's office immediately to let them know that your blood pressure is above 180 or higher than 120 if you don't have any of the signs listed above.</p>