



# Be heart smart

High blood pressure significantly increases your risk for heart disease. Be smart for your heart and know your numbers.



**Schedule a visit with your primary care provider (PCP) to get your blood pressure checked.**

## Act now

### Check



Get your blood pressure checked to know where you stand, as high blood pressure often has no warning signs or symptoms.

### Prevent



Understand risk factors and take steps to keep your blood pressure in a healthy range.

### Manage



Meet with your PCP regularly to review your treatment plan if you have high blood pressure.

## Make your appointment

Log in to Castlight to find a provider and schedule your appointment.

If you need help, reach out to a Care Guide for one-on-one support. Click the Get Help tab in the app to chat with an expert or call 800.681.6758.

### Not registered?

Download the app or visit [mycastlight.com/mybenefits](https://mycastlight.com/mybenefits)

