



Are you in a high-pressure situation?



BlueCross BlueShield
of Texas



TRS-ActiveCare[®]

TEACHER RETIREMENT SYSTEM OF TEXAS

www.bcbstx.com/trs

TRS-ActiveCare is administered by Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association.

You are if you're among the one in four U.S. adults who suffer from hypertension, or high blood pressure.*

Left uncontrolled, high blood pressure can lead to diseases like stroke, heart attack, heart failure and kidney disease.

There are ways to prevent or manage hypertension, which may include reducing the fat in your diet, eating less salt and changing your lifestyle by losing weight and getting regular physical activity. Quitting smoking and reducing your alcohol intake can also help. And, ask your physician whether you need blood pressure-lowering medicine in addition to dietary and lifestyle changes.

If you have hypertension, you can take control of the situation. When you do, you'll reduce your risk of life-threatening disease.

**Source: American Heart Association*