

MANAGE YOUR BLOOD PRESSURE



Tune in to the Blue Cross and Blue Shield of Texas (BCBSTX) worksite wellness podcast! Join us for a short episode about managing your blood pressure. We'll cover:

- how to better understand the risks of high blood pressure
- lifestyle changes you can make to improve your overall health
- the importance of potassium and other vitamins in your diet
- how you can take control of your health



Listen to the podcast at your convenience!

Click on the link below or scan the QR Code:

BCBSTX Managing Your Blood Pressure

En Español: BCBSTX Manejo de Hipertensión



En Español

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