



Managing Hypertension

Care for your high blood pressure

Hypertension is another name for high blood pressure. The Centers for Disease Control and Prevention says almost half of all U.S. adults have high blood pressure, and only about one in four has it under control. High blood pressure makes your heart work too hard, and it can lead to many health problems.¹ That’s why you should check it often.

Understanding readings

Systolic

The top number, the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the muscle contracts).

Diastolic

The bottom number, the lower of the two numbers, measures the pressure in the arteries when the heart is resting between heart beats.

Know your numbers

Talk to your healthcare provider about what your blood pressure should be and when to get care. The American Heart Association says there are four categories:²

Blood pressure category	Systolic (top number)		Diastolic (bottom number)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
Stage 1 hypertension	130-139	or	80-89
Stage 2 hypertension	140 or higher	or	90 or higher



Help lower your blood pressure

In many cases, you can control blood pressure. Here are some ways:⁵

- Keep a healthy weight
- Stay physically active
- Eat a healthy, low-salt diet
- Drink less alcohol
- Don't smoke
- Get enough sleep
- Manage stress
- Take your blood pressure medication as prescribed

Need help with your healthy checklist or getting your medication?

Ask about our FREE Care Management services, call **800-229-9880 (TTY: 711)**.

Want to learn even more about managing hypertension?

Access a free course [here](#).

Take your blood pressure⁴

- Don't smoke, exercise or drink caffeine 30 minutes before taking your blood pressure. Sit for at least 5 minutes with your arm on a flat surface at heart level. Don't talk.
- Put both feet flat on the floor, sit back and don't cross your legs.
- Take at least 2 readings 1 minute apart in the morning before taking medicines, and again before dinner.

It's important that you take your prescribed medication as directed by your physician.

Get a blood pressure cuff

Humana Medicaid members under care for high blood pressure can get 1 cuff every 3 years.³ To ask about care management services, call **800-229-9880 (TTY: 711)**. Order a free blood pressure cuff through our Centerwell Pharmacy. Representatives are available at **800-526-1490 (TTY: 711)**, Monday through Friday, from 8a.m. to 6p.m., Eastern time.



Order OTC products

Florida Medicaid members can easily order over-the-counter products from CenterWell Pharmacy®. Use this [link](#) to try it out.

Track your blood pressure

- Keep notes and tell your doctor your numbers. Use the log provided below.
- You can also download a free app on your phone or tablet—such as Blood Pressure Monitor, SmartBP or Qardio Heart Health—to help you track your blood pressure.

Work with your healthcare provider

Ask your provider specific questions about high blood pressure, like:

- What can I do to manage or prevent high blood pressure?
- How do my medicines affect my blood pressure?
- How will my high blood pressure problems affect me?
- What are my treatment choices?

Sources

1. “Blood Pressure Facts,” Centers for Disease Control and Prevention, last accessed January 27, 2026, https://www.cdc.gov/high-blood-pressure/data-research/facts-stats?CDC_AAref_Val=https://www.cdc.gov/bloodpressure/facts.htm.
2. “Understanding Blood Pressure Readings,” American Heart Association, last accessed January 27, 2026, <https://www.heart.org/health-topics/high-blood-pressure/understanding-blood-pressure-readings>.
3. Humana Over the Counter Catalog, 2025.
4. “Home Blood Pressure Measurement Instructions,” American Heart Association, last accessed January 27, 2026, https://www.heart.org/-/media/Files/Health-Topics/High-Blood-Pressure/How_to_Measure_Your_Blood_Pressure_Letter_Size.pdf.
5. “High Blood Pressure,” National Institute on Aging, last accessed January 27, 2026, <https://www.nia.nih.gov/health/high-blood-pressure>.