



New Blood Pressure Guidelines

The American Heart Association has changed the definition of “hypertension” for the first time in 14 years. High blood pressure is now defined as readings of 130 mm Hg and higher for the systolic blood pressure measurement, or readings of 80 and higher for the diastolic measurement. That is a change from the old definition of 140/90 and higher, reflecting complications that can occur at those lower numbers.

Additionally, this change eliminates the category of “prehypertension.” By lowering the definition of high blood pressure, the guidelines recommend earlier intervention to prevent further increases in blood pressure and the complications of hypertension.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

High blood pressure is a “silent killer”

- Most of the time there are no obvious [symptoms](#).
- Certain physical traits and lifestyle choices can put you at a [greater risk](#) for developing high blood pressure.
- When left untreated, the damage that high blood pressure does to your circulatory system is a significant contributing factor to [heart attack](#), [stroke](#) and other [health threats](#).

There is hope

- While there is no cure for high blood pressure, with proper [treatment and management](#), you can live a long and healthy life.
- An ounce of [prevention](#) is worth a pound of cure.

For more information, visit the American Heart Association’s website by clicking [here](#).

Live Better Louisiana Health Capsule

Heart disease is the leading cause of death in the US. We know heart disease causes more than 600,000 deaths each year. Untreated, high blood pressure, also called “hypertension,” is called the silent killer because its subtle symptoms often go undetected. Watch this video to learn more about risk factors and what you can do to control them.



Live Better Louisiana

Earn your 2019 premium credit in just one step: by completing your preventive health checkup. Blue Cross works with an industry leader, Catapult Health, to bring preventive checkups to **a site near you**. You can schedule a free checkup with a licensed nurse practitioner and health technician through the online scheduler. You'll get **lab-accurate diagnostic tests** and receive a full **Personal Health Report** with checkup results and recommendations.

What do you do? Schedule your appointment online at www.TimeConfirm.com/OGB or call **1-877-841-3058**. Complete your clinic to get the credit. If you are not able to go to a clinic, have your doctor fax a completed Primary Care Provider form, found at info.groupbenefits.org, to Catapult Health.

Upcoming Clinics

Below is a list of clinics scheduled throughout the state. Remember, you have until **August 31, 2018** to get your preventive health checkup in order to be eligible for the 2019 wellness credit!

Live Better Louisiana Clinics

Date	Location
2/1/18 – 2/2/18	Dixon Correctional Institute (Jackson) Commissioner of Insurance (Baton Rouge) Bienville Building (Baton Rouge)

<p>2/6/18 – 2/9/18</p>	<p>Caldwell PSB Central Office (Columbia) Greater Covington Center (Covington) McNeese State University (Lake Charles) Washington Parish - Enon Elementary School Commissioner of Insurance (Baton Rouge) Southwest Louisiana War Veterans Home (Jennings)</p>
<p>2/12/18 – 2/19/18</p>	<p>Central Office - Jackson Parish School Board (Jonesboro) River Parishes Community College (Gonzales) DCFS (Lafayette) Washington Parish - Franklinton Primary School Probation and Parole (Shreveport) Louisiana School for the Deaf and Visually Impaired (Baton Rouge)</p>
<p>2/19/18 – 2/24/18</p>	<p>University of New Orleans (New Orleans) VFMC (Jackson) Louisiana Public Broadcasting (Baton Rouge) Boley Elementary - Ouachita Parish School Board (West Monroe) Washington Parish - Thomas Elementary School Vernon Parish School Board - Pickering HS & ES (Leesville) Sabine Parish School Board - Florien High School (Florien)</p>
<p>2/26/19 – 2/28/18</p>	<p>Probation and Parole (Amite) LA Retirement Systems Building TRSL (Baton Rouge) Washington Parish - Mt. Hermon School Louisiana Tech University - (Ruston)</p>

Is it the Flu or a Cold?

You're not feeling well. You're exhausted, coughing and have a stuffy nose. How do you know if it's the flu or merely a cold? Flu and cold symptoms are similar and may differ only in severity. To quickly tell if you're probably dealing with the flu versus a cold, think of F.A.C.T.S. (It stands for fever, aches, chills, tiredness and sudden onset— all symptoms pointing to flu.)



The flu vaccine remains your best protection against flu and flu complications like pneumonia. Vaccination is critical for those at highest risk: children under 5, the elderly, pregnant women and those with chronic medical conditions. Get yours as early as possible in flu season – the vaccines take two weeks to work. But getting your vaccine late is better than not getting it at all.

Creamy Spinach Feta Dip



Looking for a healthier option for your Super Bowl party? This recipe is almost guaranteed to make any spinach “disliker” change his or her mind for sure

Ingredients

- 10.5 oz. frozen, chopped spinach
- ½ cup fat-free yogurt
- ½ cup reduced-fat sour cream
- ½ cup fat-free feta cheese (crumbled)
- 1 tsp. garlic (minced, from jar)
- 2 tsp. dried parsley or dill
- ½ tsp. black pepper
- 6 whole-wheat pitas (quartered)

1. Cook spinach according to package direction and drain in a colander (press with fork to drain completely).
2. Combine all ingredients in a bowl and mix well. Refrigerate for 1 hour and serve with pita slices.

Makes 6 servings

For more information, visit us at www.bcbsla.com/ogb
Follow us on Twitter [@LiveBetterLA](https://twitter.com/LiveBetterLA)