Understanding Blood Pressure Podcast

Listen to the podcast, complete and submit the attached quiz by March 27, 2015 and you will receive a $100 co-share credit from the State of Rhode Island.

The Podcast includes important information that may improve your understanding of blood pressure control and management.

Participants will learn:

- Risk factors for developing high blood pressure
- The effects of high blood pressure on the human body
- Lifestyle changes that may reduce the risk for developing high blood pressure
- Best practices when taking your blood pressure

To access the Podcast click this Link:

Understanding Blood Pressure Podcast

State of Rhode Island Rewards for Wellness

State Employee Wellness Initiative

UnitedHealthcare

Understanding Blood Pressure Questionnaire

Please circle or check your answers to the following questions and submit a copy of this questionnaire by March 27, 2015 and you will earn a $100 co-share credit from the State of Rhode Island.

1. High blood pressure is progressive, often asymptomatic, and treatable. ☐ True ☐ False
2. Which of the following are risk factors for high blood pressure?
   a. Stress
   b. Smoking
   c. Lack of physical activity
   d. All of the above
3. 69% of Americans who have a first heart attack have blood pressure readings over 140/90. ☐ True ☐ False
4. Blood pressure is the force of blood against the walls of the veins. ☐ True ☐ False
5. Which of the following are considered the **first** line of preventing and treating high blood pressure?
   a. Take blood pressure medication
   b. Maintain a healthy weight
   c. Be more physically active
   d. Both B & C are correct
6. Uncontrolled high blood pressure is also known as the "Silent Killer" because it has no symptoms. ☐ True ☐ False
7. Which of the following is **not** a health consequence for uncontrolled high blood pressure?
   a. Obesity
   b. Stroke
   c. Kidney damage
   d. Damaged to heart and coronary arteries
8. NurseLine is a professional resource you can contact if you have a non-emergent blood pressure question.
   ☐ True ☐ False
9. myuhc.com can help me:
   a. Learn more about a diagnosis and find a resource for a second opinion
   b. Understand treatment options – risks and benefits
   c. Access online coaching programs
   d. All of the above
10. High blood pressure is diagnosed as a measure of 140/90 or higher on one occasion. ☐ True ☐ False

Print your name: _____

Date of birth: _____ **UnitedHealthcare Subscriber ID #**_____

Mail completed form to:
Linda McCormick, UnitedHealthcare
475 Kilvert Street, Warwick, RI 02886

or

Fax completed form to the attention of:
Linda McCormick, UnitedHealthcare
Fax #: 401-732-7211

Answers: 1. (True) 2. (D) 3. (True) 4. (False) 5. (D) 6. (True) 7. (A) 8.(True) 9. (D) 10. (False)