

Ready to Improve Your Blood Pressure?

If you have or are at risk for Hypertension (High Blood Pressure), Kaiser Permanente offers a variety of free programs and resources to help keep your heart beating healthy and strong.

Healthy Living Classes

Explore Healthy Living classes at kp.org/classes/ga

- Heart Healthy Living
- Healthy Balance for weight management
- Fitness classes and more

Wellness Coaching by Phone

Connect with a wellness coach to create an individualized action plan and reach your goals. Call **1-866-862-4295** to schedule your first session, Monday - Friday 10am- 10pm EST.

Remote Blood Pressure Monitoring

Save a trip! Manage your blood pressure at home with virtual visits and a home monitor that can transmit your readings to your medical record. We can help you decide if remote blood pressure monitoring is right for you. Visit kp.org to message your provider today or call **770-625-3976!**

Medications to Help

We can help you decide if prescription medications are right for you. Go to georgia.kp.org/bp to learn more. Visit kp.org to message your provider today!

Online Support Tools

Using our partner self-care apps, Calm and Headspace Care, you can build a personalized plan to reach your heart health goals and more at no cost!

1. Go to kp.org/selfcareapps/ga. Have your KP User ID and Password ready.
2. Click on the "Get Calm" button.
3. Follow prompts to download the app.

6 Tips to Strengthen Your Heart



Exercise



Eat Healthy



Less Salt/Alcohol



Improve Sleep



Manage Stress



Quit Smoking

Learn more at georgia.kp.org/bp

