



## Turning Down the Pressure

High blood pressure may be putting you at risk of health problems, including heart attacks, strokes, and kidney failure.

Locate the article *Turning Down the Pressure* on *Health Connected's Health Library*\* today to find out why it's so important to treat your high blood pressure and how it can be treated effectively. The article includes sections on:

- What high blood pressure can do to your body;
- How your blood pressure medication works;
- How to know which blood pressure treatment is right for you; and
- How to make sure you're getting the results you need from your blood pressure treatment plan.