

# Diabetes and Blood Pressure

Did you know that having diabetes may increase your chance of getting high blood pressure?

Take this quiz to find out if you are doing all you can to control your blood pressure.

➡ Do you try to get at least 30 minutes a day of physical activity most days of the week?

Yes = 1       No = 0

➡ Do you check food labels to limit your sodium intake to no more than 2,300 mg a day?

Yes = 1       No = 0

➡ Does half of your dinner plate include non-starchy vegetables like spinach, carrots or broccoli with a piece of fruit for dessert?

Yes = 1       No = 0

➡ If your doctor prescribed medicine, are you taking it as your doctor instructed?

Yes, or no medicine prescribed = 1  
 No = 0

➡ Are you a non-smoker or actively trying to stop smoking?

Yes = 1       No = 0

➡ Is your blood pressure checked at every office visit?

Yes = 1       No = 0

Add up your points to get your score \_\_\_\_\_.



Turn card over to see if you are doing all you can to control your blood pressure!



Harvard Pilgrim  
HealthCare

# How Do You Measure Up?

## Score = 0 to 3

There may be more you can do to control your blood pressure.

Always keep your doctor's appointments and have your blood pressure checked each time.

Visit the American Diabetes Association at [diabetes.org](http://diabetes.org) for more information on how you can:



**Be more physically active**



**Limit your sodium intake**



**Eat healthy foods**



**Quit smoking**



**Take your medicine  
as prescribed**

These actions can help you control your blood pressure and prevent diabetes complications like eye and kidney disease.

## Score = 4 to 6

**Congratulations!**

Keep up the great work! Controlling your blood pressure is an important step in preventing diabetes complications like eye or kidney disease.

### **More information?**

Call our nurse care managers at 866-750-2068 (TTY service: 711), Monday – Friday 8 a.m. to 5 p.m. if you have questions about diabetes and blood pressure.

*Harvard Pilgrim is an HMO plan with a Medicare contract. Enrollment in Stride<sup>SM</sup> (HMO) depends on contract renewal.*