

Under Pressure



75% of participants achieve the goal of normal blood pressure after four weeks

Under Pressure helps your employees understand how to prevent and control high blood pressure for better heart health. Each week, employees get their blood pressure checked and complete lifestyle-related tasks.

- 4-week program
- Individually based
- Blood pressure logs provided
- Blood pressure checked three times per week
- Monitors can be provided upon request
- Lifestyle tasks include increasing fruits and vegetables, portion control, understanding food labels, and increasing exercise
- Weekly tips provide support
- Post-program survey tracks results



According to the Centers for Disease Control and Prevention*:

- 67 million American adults (31%) have high blood pressure
- Only about half (47%) of people with high blood pressure have their condition under control
- Normal blood pressure decreases the risks of stroke, heart attack, kidney problems, eye problems, and even death

Our experience:

- 88% of participants very satisfied with the program
- 75% of participants achieve the goal of normal blood pressure after four weeks
- 79% completion rate

bsneny.com/partnerinhealth

* cdc.gov/bloodpressure