





# Do you know what impacts your blood pressure?



## Food

-  High sodium (salt) foods such as deli meat
-  Heart healthy foods like bananas & salmon



## Stress

-  Stressful day
-  Yoga / Meditation / Calling loved ones



## Sleep

-  Not enough sleep
-  7-9 hours of good sleep



## Exercise

-  No physical activity
-  Daily walk



## Weight

-  Gaining extra body fat
-  Maintaining a healthy weight

## Smoking / Vaping

-  Smoking a cigarette
-  Quit smoking

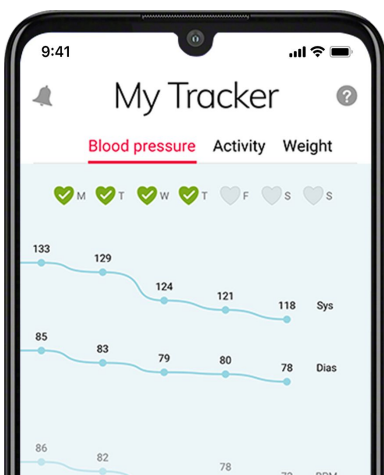
## Alcohol

-  Too much alcohol
-  Limiting alcohol to one per day



**The only way to find out what impacts your blood pressure is to regularly track it!**

**Hello Heart is offered at no cost to you.  
Click here to sign up!**



Hello Heart is an easy-to-use program that helps you track, manage, and improve your heart health from the privacy of your own phone. The program is offered at no cost to eligible members and includes a blood pressure monitor and an engaging smartphone app.

\*All employees and spouses/domestic partners enrolled in a Lenovo medical plan with blood pressure readings of **130/80 mmHg** or above, or those taking **BP medications**, are eligible to enroll.