



[Register](#) for the March **Coffee & Chat** and join us on **Wednesday, March 2 at 9 a.m.**

March is National Nutrition Month! Join us for a **30-second Scavenger Hunt** during the March Coffee & Chat and you could win a special prize!

- **If you're teleworking**, check your pantry and make sure you have healthy goods stocked!
- **If you're in the office**, you may want to bring your lunch and a few healthy snacks to work with you that day.
- So, grab your warm cup and tune in for this month's segment.

Seize the Year!

Pump Up Your Knowledge

High blood pressure is known as a "silent killer." It can sneak up on you for years without you even knowing it. That's dangerous for your health, because having high blood pressure raises your risk of **heart disease** and stroke. Here are some facts to know about high blood pressure.

Can Affect Young People

Children and adolescents can have elevated blood pressure, and the risks carry over into adulthood. For people in their 20s, 30s or 40s, the risk of suffering a stroke is significantly higher for those with high blood pressure.



Runs In the Family

Having a parent, sibling or child with high blood pressure increases your risk.

Damages Your Body

The extra pressure can damage your arteries and heart, limiting blood flow throughout your body. High blood pressure can also take a toll on your kidneys and damage the tiny blood vessels that supply blood to your eyes.

May Be Linked to Dementia

Blood flow to the brain is important for brain health. When blood vessels are damaged, narrowed or blocked, this may increase the risk of dementia.

Check Your Blood Pressure

Protect yourself by having your blood pressure checked regularly and asking your doctor how to improve it.

Additional Resources

- [Cigna](#) members
- [Kaiser Permanente](#) members
- [American Heart Association](#)
- [Centers for Disease Control and Prevention](#)
- [National Heart, Lung and Blood Institute](#)
- [Wellness On-Demand](#) – Level Up’s recorded virtual programming.

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