

Keeping UP with Hypertension

Hypertension management is an ongoing process. Knowing how to best care for yourself can help you avoid problems. Taking care of yourself means you can live a more active and healthy life.

UPHP has a program to help people control their blood pressure. The program works with you and your doctor to:

- ◆ Provide educational materials.
- ◆ Promote self management.
- ◆ Promote blood pressure control to prevent problems

This program and the educational materials are free for our members with hypertension.

Choice and high-quality care from a local home-grown health care network



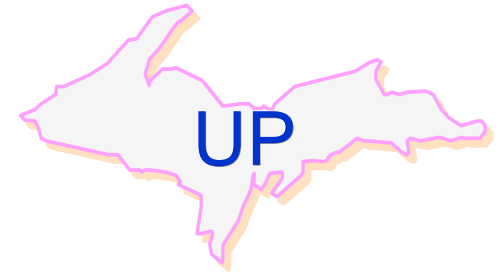
**Upper Peninsula Health Plan
228 West Washington Street
Marquette, MI 49855**

**Web Site:
www.uphp.com**

**Phone:
1-800-835-2556
1-906-225-7500**

Hypertension Brochure
MDCH Approved: February 2007

Keeping



with Hypertension



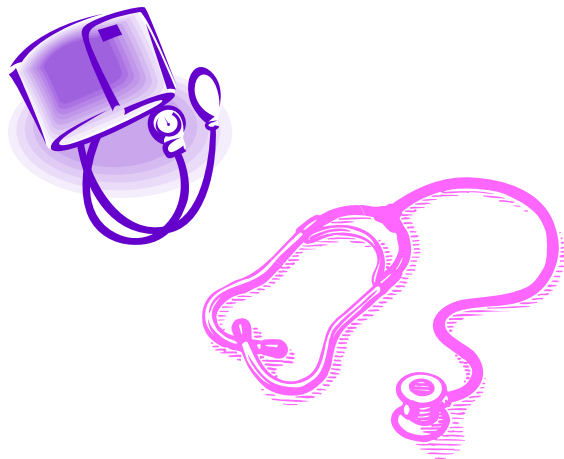
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KNOW THAT YOU ARE DOING ALL YOU CAN TO TAKE GOOD CARE OF YOURSELF BY KEEPING UP WITH YOUR HYPERTENSION !

Program benefits :

- ◆ Free educational materials are mailed throughout the year on the care of hypertension.
- ◆ Free access to a contact person to help you with self-management, diet advice, and other questions related to hypertension.



The program helps to:

- ◆ Identify blood pressure goals that decrease your health risk.
- ◆ Build a therapy plan.
- ◆ Promote monthly blood pressure checks when readings are too high.
- ◆ Identify needed lab work when you are on certain drugs.
- ◆ Teach you about healthy eating and activity habits.

The main goals of the program are to:

- ◆ Help you understand high blood pressure.
- ◆ Help you learn self-management skills.
- ◆ Keep your blood pressure in control

Eligibility and Enrollment:

- ◆ All Upper Peninsula Health Plan (UPHP) members with hypertension are eligible for the "Keeping UP with Hypertension" program.
- ◆ Members are identified based on drugs obtained and automatically entered into the program .
- ◆ If you choose not to be part of the program, call UPHP and we will take your name off the list.

Please call if you:

- ◆ Have any questions.
- ◆ Want to know more about the program.
- ◆ Want to make sure that you are enrolled in the program.



**UPHP Customer Service
1-800-835-2556**