

Blood Pressure Awareness

Following a healthy lifestyle is generally the best and safest way to control high blood pressure. Such lifestyle practices are typically natural, pose little health risk, and are often cost-free.

Life changes you should consider making

Making life style changes are always tough to achieve initially. Take baby steps at first, then in-

sumption

- Avoid tobacco products

The Payoff

Despite the big benefits offered by making these healthy changes, only about half of the people with high blood pressure try to modify their lifestyle as a way to treat their condition. For most people, these are not drastic changes in daily life, but they offer significant rewards.

Making changes to your lifestyle is generally the best and safest way to prevent or control high blood pressure.

Take Control

Even if you need medications to treat high blood pressure (hypertension), your lifestyle is still an integral part of your treatment strategy. In fact, if you successfully control your blood pressure by following a healthy lifestyle, you may be able to avoid or delay taking medications, which can be costly and have disagreeable side effects. Alternatively, you may be able to take a lower dosage of medication.

If you make only a single healthy change to your lifestyle, you are more likely to control your blood pressure than someone who does not make any changes. A lower blood pressure can help you live a longer, fuller, life; and help prevent such complications as heart attack, stroke, kidney disease, blindness, and dementia.

crementally improve upon what you have accomplished.

Some life style changes include:

- Lose excess weight
- Exercise regularly
- Eat a healthy diet
- Reduce sodium in your diet
- Limit alcohol con-

Summary

When your blood pressure is under control, your risk of life-threatening complications-such as heart attack and stroke-decreases and you may live a longer and happier life.



Analyze • Inform • Motivate



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About DTRIC Insurance Risk Consulting Services

The Risk Consulting Services team at DTRIC Insurance is designed to help you reduce accidents and injuries in the workplace. Our approach involves our proven **A.I.M.** process that is easy to understand and simple to implement.



ANALYZE

We start by helping you understand and assess your current situation with services including:

- Safety audits
- Property and liability hazard surveys
- Accident investigation training
- Graphical analysis
- Job hazard analysis

INFORM

Keeping your team members informed is essential to success. We'll help you:

- Develop a safety committee
- Provide educational resources
- Work with your management team to develop their skills and knowledge of regulations
- Address loss trends with training on key issues
- Open communications within your organization

MOTIVATE

The more safety is promoted in your workplace, the more motivated your team members will be to make safety a top priority. Whether you motivate with promotions, incentives or recognition, we'll help you develop a results-driven method to encourage safety at all times.

DTRIC's Risk Consulting Services team will work closely with you to create a program to effectively improve your bottom line.