

# Hiding from High Blood Pressure Won't Make It Go Away...



Dear State of Montana Health Plan Member,

We are following up on your health screening. At the screening, your blood pressure reading fell outside the normal range and **may** indicate that you have high blood pressure.

Have you considered the DPHHS Blood Pressure Management Program? CareHere and the Health Care & Benefits Division work hard to provide members with the best benefits possible. They have partnered with the Montana Cardiovascular Health Program to offer State of Montana Benefit Plan members a Blood Pressure Self-Management Program.

**To encourage you, we are offering this coupon for a blood pressure cuff at NO COST to you! See coupon for details.**

If you are ready, we can help!

## **To Redeem Your Coupon - Act now! Supplies are limited!**

1. Visit <http://benefits.mt.gov/Live-Life-Well>, click on “Wellness Programs,” and then “Blood Pressure Management.” Certain requirements must be met.
2. If you do not have access to the Internet, please call Mike McNamara at (406) 444-9170.
3. The kit includes an automated cuff for home monitoring, resources, a pedometer, and a pill box.



Visit our web page to redeem your coupon

<http://benefits.mt.gov/Live-Life-Well> -  
click on “Wellness Programs,” then  
“Blood Pressure Management.”

**This COUPON is good for one complimentary home blood pressure cuff through the Montana Cardiovascular Health Program.**

Good while supplies last – not transferable to other members - home blood pressure cuffs will be given to participants in the Blood Pressure Management Program.

In Good Health,  
<CareHere>