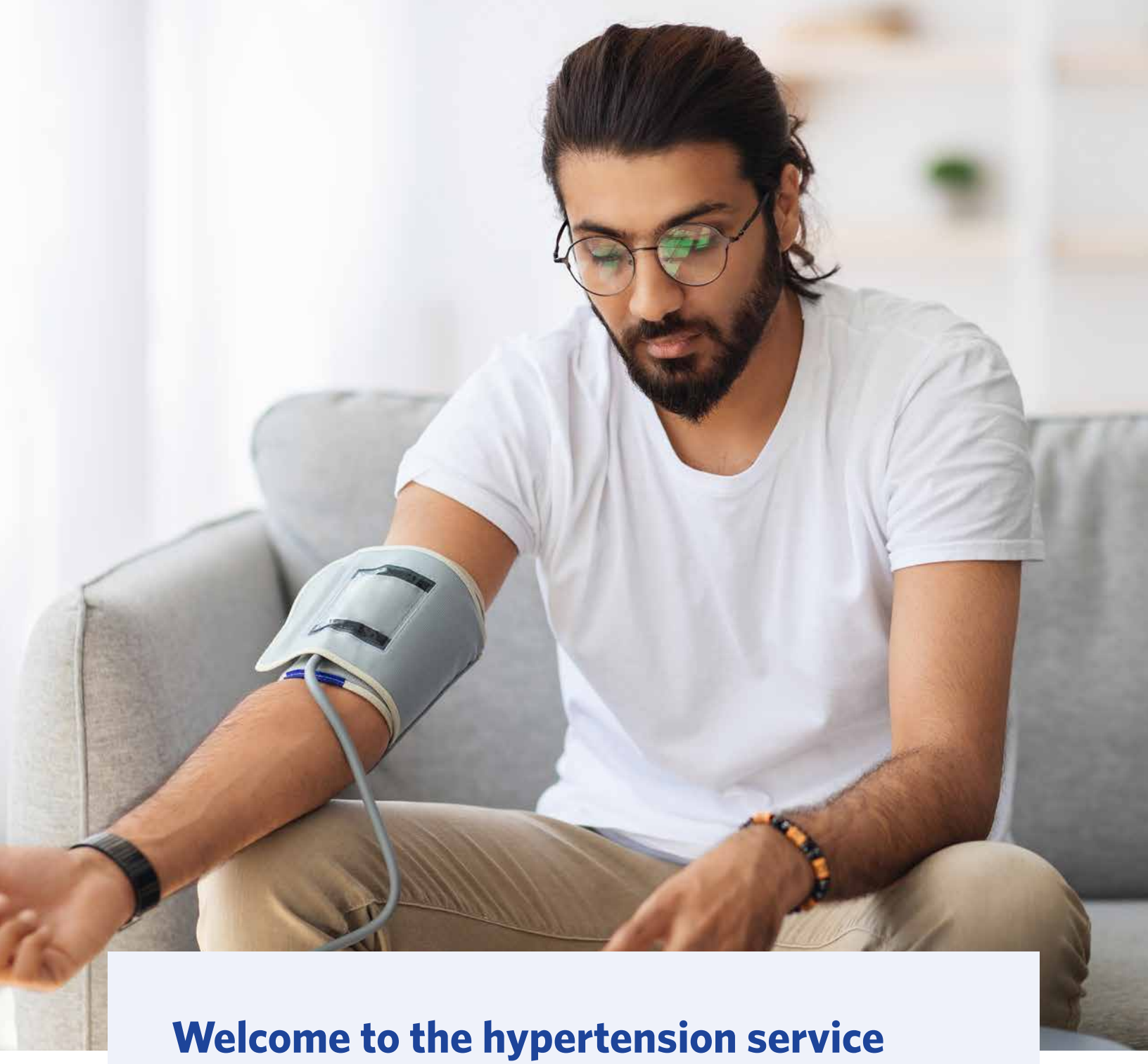
Important health information

dell children's Health Plan



Welcome to the hypertension service coordination program!

Our service coordination program connects people diagnosed with hypertension to resources and information to help manage the condition.

We help connect you with doctors, resources, education, benefits and other services. We hope you find this information helpful, and thank you for being a Dell Children's Health Plan member!

Important contact information

24-hour Nurse HelpLine Call **1-855-712-6700** 24 hours a day, 7 days a week, 365 days a year to talk to a nurse.	**Call 1-855-712-6700**
Service Coordination Call **512-324-3015** or toll-free **1-844-564-5212 (TTY 7-1-1)** and ask to speak to a service coordinator. Service coordinators are available Monday through Friday from 8 a.m. to 5 p.m. Central time. You can also leave a private voicemail or email **dchp-CM@ascension.org.**	**Call 512-324-3015 or toll-free 1-844-564-5212 (TTY 7-1-1)**
Member Services Call **1-855-921-6284 (TTY 7-1-1),** Monday through Friday, 8 a.m. to 6 p.m. for questions about your benefits or for help finding a provider or pharmacy.	**Call 1-855-921-6284 (TTY 7-1-1)**
Pharmacy Call **1-855-921-6284 (TTY 7-1-1),** Monday through Friday, 8 a.m. to 6 p.m. for questions about prescriptions or for help finding a pharmacy.	**Call 1-855-921-6284 (TTY 7-1-1)**
What to do in an emergency **If you have an emergency, you should call 9-1-1 or go to the nearest hospital emergency room right away.** For urgent care, you should call your child's primary care provider even on nights and weekends. They will tell you what to do. If you call the primary care provider's office when it's closed, leave a message with your name and a phone number where you can be reached. Someone should call you back within 30 minutes to tell you what to do. Call us to find an urgent care clinic near you. Or call our 24-hour Nurse HelpLine 7 days a week at **1-855-712-6700 (TTY 7-1-1)** for advice anytime, day or night.	**Call 9-1-1 in an emergency or call our 24-hour Nurse HelpLine 1-855-712-6700 if you need advice.**
Extra help getting a ride* Call **1-844-867-2742 (7-1-1)** or call Member Services at **1-855-921-6284 (TTY 7-1-1)** Monday through Friday, 8 a.m. to 5 p.m. Central time, except for state-approved holidays. *Restrictions and limitations apply.	**Call 1-844-867-2742**

Dell Children's Health Plan resources

You can find provider directories, our provider search tool and your member handbook on our website at **DellChildrensHealthPlan.com.**

To find an urgent care facility near you, go to our website **DellChildrensHealthPlan.com** and select **"After-hours and urgent care locations"** from the member menu. You can also call Dell Children's Health Plan's 24-hour Nurse HelpLine at **1-855-712-6700** or your primary care provider if you are unsure if you need urgent care.

Visit our Health Library for more information about hypertension and other conditions at **healthlibrary.ascensioncaremanagement.com.**

For a current list of Dell Children's Health Plan events and other information, follow us on Facebook at **facebook.com/DellChildrensHealthPlan.**

What do your blood pressure numbers mean?

The only way to know if you have high blood pressure (HBP, or hypertension) is to have your blood pressure tested. Understanding your results is key to controlling high blood pressure. Healthy and unhealthy blood pressure ranges. Learn what is considered normal, as recommended by the American Heart Association:

Blood pressure category	SYSTOLIC mm Hg (upper number)	and/or	DIASTOLIC mm Hg (lower number)
Normal	Less than 120	and	Less than 80
Elevated	120 – 129	and	Less than 80
High blood pressure (hypertension) stage 1	130 – 139	or	80 – 89
High blood pressure (hypertension) stage 2	140 or higher	or	90 or higher
Hypertensive crisis (consult your doctor immediately)	Higher than 180	and/or	Higher than 120

Source: Understanding Blood Pressure Readings (*heart.org*)

Blood pressure log

Keep track of your blood pressure using this log and share it with your doctor.

Name:
My blood pressure goal:
Month:
Starting date:

Date	Time	Systolic (upper number)	Diastolic (lower number)	Heart rate	Notes

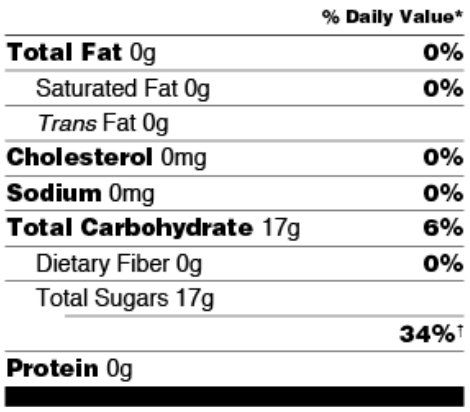
Understanding food nutrition labels

Learning how to understand and use the Nutrition Facts label can help you make healthier eating choices and identify nutrient-dense foods for a healthy diet. Here are some tips from the American Heart Association for making the most of the information on food labels.

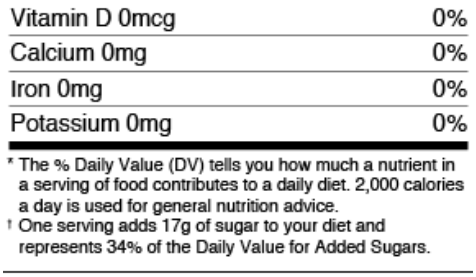
1. Start with the serving information at the top. This will tell you the size of a single serving and the total number of servings per container (package).

2. Next, check total calories per serving and container. Pay attention to the calories per serving and how many calories you're really consuming if you eat the whole package. If you double the servings you eat, you double the calories and nutrients.

3. Check key nutrients and understand what you're looking for. Not all fats are bad, and total sugars can include both natural and added sugars. Limit the amounts of added sugars, saturated fat and sodium you eat and avoid trans fat.



4. Make sure you get enough of the nutrients your body needs, such as: calcium, choline, dietary fiber, iron, magnesium, potassium, and vitamins A, C, D and E.



Here's another tip for getting as much health information as possible from the Nutrition Facts label

- Remember that the information shown in the label is based on a diet of 2,000 calories a day. You may need less or more than 2,000 calories depending upon your age, gender, activity level and whether you're trying to lose, gain or maintain your weight

Source: 2015-2020 Dietary Guidelines for Americans Understanding Food Nutrition Labels (*heart.org*)

How does salt affect blood pressure?

- The body needs a small amount of sodium to function, but most Americans consume too much sodium. High sodium consumption can raise blood pressure, and high blood pressure is a major risk factor for heart disease and stroke. While sodium has many forms, most sodium we consume is from salt.
- Research shows a strong relationship between the amount of salt consumed and raised levels of blood pressure.
- When salt intake is reduced, blood pressure begins falling within weeks in most people.

Source: Sodium and Health (*cdc.gov/salt*)