

# Your heart works hard everyday, but how often do you check on it?



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High blood pressure, also known as hypertension, is a silent threat. It often shows no symptoms but can lead to serious conditions like heart disease, stroke, and kidney failure. Consistently high blood pressure can also lead to complications such as aneurysms, heart failure, and vision loss.

Regular checks – with a monitor at home or with your provider – are the only way to know if your blood pressure is high, allowing you to take action before serious health problems occur. If your numbers are high, it's important to talk to your provider about ways to lower it.

Working to maintain it within a healthy range can lead to improved overall health and help prevent serious complications. At Intermountain Health, our mission is to help you live your healthiest life possible, so take control of your health today and know your numbers!



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**Scan the QR code to take  
the Healthy Heart Quiz**

