

## Commit to lowering your blood pressure

Start by creating a plan with your healthcare provider to monitor and control your high blood pressure.

At times it may be challenging to stick to the plan, as a member of the Mohawk Health Plan, you have many resources available to you to help you through your journey. Healthy Life Navigators and other Healthy Life Team members are just a text away with the Spruce app. You can ask questions, share your numbers and get support.

To get the Spruce app: Text 877-365-0051 (type "Hi") or go to [www.mymohawkbenefits.com/hlct](http://www.mymohawkbenefits.com/hlct)

Commit to

- taking your medication as prescribed, if applicable.
- monitoring your blood pressure with regular checks.

Remember to talk to your healthcare provider about changes in your blood pressure, new or different symptoms and your medications. It is important to be honest with your healthcare provider about your condition.

*Please note: This information is for educational purposes only and not intended to take the place of your personal physician's advice or to diagnose, treat, cure or prevent any disease. Always consult with your physician or healthcare provider to determine what is right for you.*



## CORONARY ARTERY DISEASE (CAD) CARE PATH



Healthy Life Center  
Healthy Life Navigators  
Healthy Life Center Providers

Text or Call  
1-877-365-0051

[careteamsupport@cigna.com](mailto:careteamsupport@cigna.com)

