

Men: It's Time for Your Tune-Up

You keep your car clean and get regular oil changes, even when it's running fine. Are you doing the same for your body?

Start by checking your blood pressure!



Heart disease is the leading cause of death for Latino men, and one symptom is high blood pressure. Nearly half of Latino men in the U.S. have high blood pressure.¹ It's important to know what puts you at risk.

Special Health Risks for Latino Men



Ignoring Diseases

Latino men are 24% more likely to have uncontrolled high blood pressure, a major heart disease threat.²



50% Higher Risk

Latinos are about 50% more likely to die from diabetes than non-Hispanic whites.²



Language Barrier

Latino men can face other challenges, like not being able to find a doctor who speaks their language.²

These things increase the risk of heart disease:



- Smoking
- High blood pressure
- Diabetes
- Obesity
- Family history of heart disease



Ready to take the wheel?

Check your blood pressure – it's easy and free at many pharmacies and grocery stores. A normal blood pressure is lower than 120 over 80.³

Our Florida Blue Center teams can check your blood pressure and help you find care, like a low- or no-cost clinic and other resources. Visit floridablue.com/center or call 1-877-352-5830 to find local events.

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¹ <https://www.cdc.gov/nchs/fastats/hispanic-health.htm>

² <https://www.cdc.gov/vitalsigns/hispanic-health/index.html>

³ <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>