

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 men in the U.S., and one symptom is high blood pressure. Half of men in the U.S. have high blood pressure.¹ It's important to know what puts you at risk.

Men's Health Facts



Shorter Lifespan

Men in the U.S., on average, die 5 years earlier than women,² and 1 in 4 of them dies from heart disease.³



Silent Killer

Half of the men who died of heart disease had no previous symptoms to alert them there was a problem.³



Larger Waistlines

Being overweight makes your heart work harder, which can lead to high blood pressure and even heart failure.⁴

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 80.⁵

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/bloodpressure/facts.htm>

² <https://www.minorityhealth.hhs.gov/omh/content.aspx?ID=10238>

³ <https://www.cdc.gov/heartdisease/men.htm>

⁴ <https://www.heart.org/en/health-topics/high-blood-pressure/changes-you-can-make-to-manage-high-blood-pressure/managing-weight-to-control-high-blood-pressure?adlt=strict>

⁵ <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>