



Building Service 32BJ Benefit Funds

101 Avenue of the Americas
New York, NY 10013-1991

www.seiu32bj.org

212-388-3500 Benefits Information

212-388-2000 General Information

HEALTH TIPS

Blood Pressure Screening

Be sure to have your blood pressure checked at least once a year. Most of the time, there are no symptoms—but untreated high blood pressure (also called hypertension) can lead to heart attacks, strokes and kidney disease.

Blood pressure is considered high if it measures 140/90 or higher. People with prehypertension (higher than normal blood pressure) need close follow up.

If you have high blood pressure, your primary care doctor may recommend changes to your diet and exercise. And sometimes medication is necessary.

