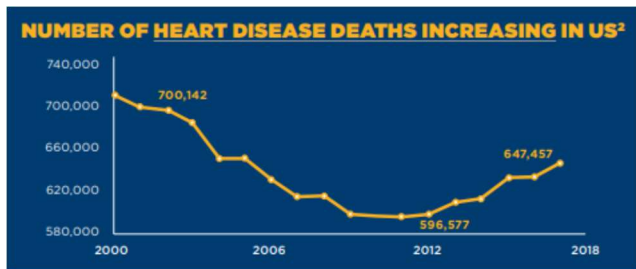


Join Tennessee Employers Who are Eliminating the Silent Killer!

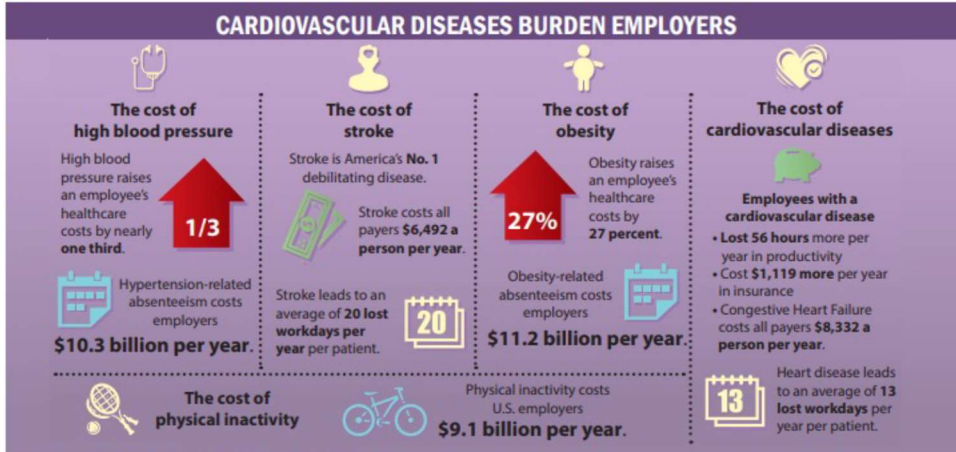
According to the World Health Organization, most people with high blood pressure (hypertension) don't know they have it, and it's estimated to contribute to around 17 million deaths annually. The CDC reports that nearly half of adults in the United States (47%, or 116 million) have hypertension, defined as a systolic blood pressure greater than 130 mmHg or a diastolic blood pressure greater than 80 mmHg or are taking medication for hypertension, about 34 million adults who are recommended to take medication may need it to be prescribed and to start taking it, and almost two out of three of this group (19 million) have a blood pressure of 140/90 mmHg or higher.

Having hypertension puts you at risk for heart disease and stroke, which are leading causes of death in the United States.



Source: American Heart Association

According to the American Heart Association, cardiovascular disease (CVD) is the number one killer of Americans, accounting for one-third of all deaths (one person dies from cardiovascular disease every 36 seconds in the US!). The burden of CVD is growing faster than our ability to combat it, due to increasing rates of the four main CVD risk factors: obesity, poor diet, high blood pressure, and Type 2 diabetes. The cost of treating CVD already exceeds \$1 trillion per year (that's nearly \$3 billion per DAY), accounting for \$1 of every \$6 spent on healthcare. Employees with cardiovascular disease lose 56 hours more per year in productivity than healthy employees. By 2035, 45% of adult Americans will have at least one cardiovascular disease.



Source: American Heart Association Resource Center, 6/17.

Hypertension in the workplace is a costly issue for employers. Workplace Testing states that consequences of complications due to hypertension in the workplace are increased health care and health insurance costs, higher rates of absenteeism and needs for job accommodations, as well as reduced productive work-life years due to either death or permanent disability. In safety sensitive jobs, severe hypertension is also a safety concern because of the possibility of minor or major cerebrovascular incidents (strokes) causing sudden blackouts (i.e., heavy equipment drivers, machine operators, chemical operators). Additionally, hypertension usually starts while adults are in their productive years and employers are in the ideal position to make an important contribution to the prevention, early diagnosis, and management.

Through a partnership with the Tennessee Department of Health, HealthCareTN is offering TN employers and their employees an opportunity to participate in a no-cost hypertension management program *pilot* through Omada. The full Omada 12-month program will guide employees through lifestyle modifications and medication therapy (if necessary) to reduce the risk of cardiovascular events. Participants will have access to dedicated health coaches and specialists providing hypertension training, a hypertension-specific group and lessons, and a digital connected scale & blood pressure cuff, all at no cost to the participant!

For more information about the no-cost hypertension pilot program or how you can join other Tennessee employers in peer networking about hypertension management, contact Phil Belcher at HCTN – pbelcher@hctnonevoice.org.