

# 2022 NOVEMBER Blood Pressure Awareness



## Understanding Blood Pressure

Your overall blood pressure consists of two measurements: systolic and diastolic blood pressure. According to the CDC, "the first number, called systolic blood pressure, measures the pressure in your arteries when your heart beats. The second number, called diastolic blood pressure, measures the pressure in your arteries when your heart rests between beats."

The normal range for blood pressure are numbers less than 120/80 mm Hg. High blood pressure is pressure higher than the normal range. Our blood pressure changes throughout the day and based off of activities we participate in. If you consistently have higher blood pressure, it is important you talk with your health care team.

## Be Well Website

As a reminder, all employees have access to information on benefits and the Be Well program via: [www.cretex.com/bewell/](http://www.cretex.com/bewell/)



## FEATURED ACTIVITY

For this month's activity, please view the educational blood pressure video led by Linnea Ritter and fill out the Teams Form.

**How to Participate:** Scan the QR code located to the right of this text box or copy and paste the link into your web browser. Fill out the Teams form to be eligible for the incentive.



## DON'T FORGET!

### Complete Your 2022 HRA



*Get a Cretex Companies Hat*



## November is Also Movember

Movember is an initiative that sheds light on the most common health and wellness concerns that men face across the globe.

This month, grow facial hair or run-walk-roll 60 miles in recognition of the 60 men we lose to suicide every hour across the world. For more information head to: [www.us.movember.com/](http://www.us.movember.com/)



## Resources from Marathon Health

Men's Health Video

- [go.cretex.com/BW-mens-health](http://go.cretex.com/BW-mens-health)

Men's Health 101 Newsletter

- [go.cretex.com/BW-mens-health101](http://go.cretex.com/BW-mens-health101)



## TEAMS FORM



[go.cretex.com/bw1122](http://go.cretex.com/bw1122)

## WEBINAR



[go.cretex.com/BW-bloodpressure](http://go.cretex.com/BW-bloodpressure)