



Join Our Heart Smart Class

Know your blood pressure numbers

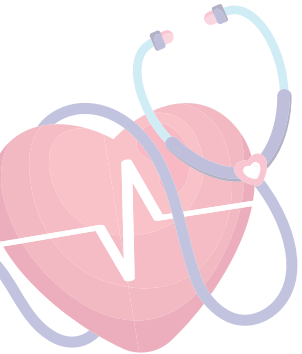
High blood pressure, or hypertension, can lead to serious health problems if not controlled. The good news is you can control or prevent it. Join our class to learn how.

What you will learn:

- What causes high blood pressure
- What are the signs and symptoms
- Heart-healthy habits
- How to get your own monitor and cuff at no cost (for eligible CalOptima Health members only)
- How to check and track it at home



Click [here](#) or scan the QR code to sign up for the next class.



If you have questions, call CalOptima Health Customer Service toll-free at **1-888-587-8088 (TTY 711)**, Monday–Friday from 8 a.m.– 5:30 p.m. We have staff who speak your language. Please visit us at www.caloptima.org/en/events.



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