



# Understanding Blood Pressure Quiz

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Please circle or check your answers to the following questions.

1. High blood pressure is progressive, often asymptomatic, and treatable.  True  False
2. Which of the following are risk factors for high blood pressure?
  - a. Stress
  - b. Smoking
  - c. Lack of physical activity
  - d. All of the above
3. 70% of Americans who have a first heart attack have blood pressure readings over 140/90.  
 True  False
4. Blood pressure is the force of blood against the walls of the veins.  True  False
5. Which of the following are considered the **first** line of preventing and treating hypertension?
  - a. Take blood pressure medication
  - b. Maintain a healthy weight
  - c. Be more physically active
  - d. Both B & C are correct
6. Uncontrolled high blood pressure is also known as the “Silent Killer” because it has no symptoms.  
 True  False
7. Which of the following is **not** a health consequence for uncontrolled high blood pressure?
  - a. Obesity
  - b. Stroke
  - c. Kidney damage
  - d. Damaged to heart and coronary arteries
8. Sodium helps control your body’s fluid balance. Too much sodium increases the volume inside your blood vessels, and can increase your blood pressure.  
 True  False
9. High blood pressure is diagnosed as a measure of 140/90 or higher on one occasion.  True  False
10. UnitedHealthcare offers programs and services that may help improve my health and well-being and includes:
  - a. Myuhc.com<sup>®</sup>
  - b. Rally Health<sup>®</sup>
  - c. UnitedHealth Allies<sup>®</sup>
  - d. All of the above

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