**Know Your Numbers week – what is it?**

It’s all about your heart and your blood circulation. From 4 to 10 September 2023, lots of volunteers come together to check the blood pressure of the nation for [Know Your Numbers](https://www.bloodpressureuk.org/know-your-numbers/know-your-numbers-week/#:~:text=Every%20September%2C%20blood%20pressure%20checks,to%20bring%20it%20under%20control.) week.

You might not know if your numbers are high or low when it comes to blood pressure. Now’s the time to find out. It’s never too early or late to check and could reduce your risk of a heart attack or stroke.

At <insert company name>, we want you to feel as healthy as can be. That means helping you understand how to look after your heart and become more aware of your blood pressure.

**What conditions should I be aware of?**

* **Heart disease (known as cardiovascular disease)** – this is when not enough oxygen is getting to your heart through your blood because of a build-up of fat. If left unchecked, it could lead to a heart attack. There’s lots you can do to manage your risk to help avoid that fatty build up in your blood.
* **Stroke** – this is when your blood flow stops going to your brain or if there’s bleeding around your brain. The risk of having a stroke goes up with age or if you have a family history of strokes, along with high blood pressure, high cholesterol and diabetes. Living a healthy lifestyle can help reduce your risk of stroke. So, the healthier you eat and the more you move, the lower your chance of having one.

**Managing your health risk**

Here’s what Dr Yassir Javaid, the Clinical Director of Cardiology at Bupa, has to share:

“Around half of us in the UK will get a heart or circulatory condition1. However, there's a lot we can do to significantly reduce our cardiovascular risk. Start making healthier lifestyle choices. Becoming more active, making healthier choices in terms of what we eat, quitting smoking and avoiding excessive weight, particularly on the tummy, can help. These all have a significant long-term benefit on the health of the cardiovascular system within the heart and brain. This means we can reduce our risk of heart attacks and strokes. In addition, particularly if there is a family history of early cardiovascular disease, we should make sure we get other risk factors checked such as high blood pressure, diabetes and cholesterol profile.”

**Where to get support**

Bupa has a range of support to help you take care of your heart and blood circulation, along with services to help you get seen quickly if you have any worries.

Check with <insert manager/HR representative> to see what’s available to you.

You also have access to Bupa’s employee toolkit that’s filled with advice, information and resources.

Don’t forget, you can also find a wealth of information, tools and support on [Bupa’s website](https://www.bupa.co.uk/health-information), or the [British Heart Foundation](https://www.bhf.org.uk/), [Pulmonary Hypertension Association](https://www.phauk.org/) or [Blood Pressure UK](https://www.bloodpressureuk.org/) websites.

1British Heart Foundation. 2023. https://www.bhf.org.uk/-/media/files/for-professionals/research/heart-statistics/bhf-cvd-statistics-uk-factsheet.pdf

Source: https://ukhsa.blog.gov.uk/2019/02/14/health-matters-preventing-cardiovascular-disease/