



# No. 1

for controlling  
high blood pressure

**High blood pressure is called the “silent killer” because there are often no obvious symptoms. But nearly half of Americans are afflicted with hypertension — and we’re working hard to fix that.**

Kaiser Permanente is consistently the top-ranked health organization for controlling high blood pressure:

**For the 6th consecutive year**, we have the highest-performing commercial health plan in the nation — out of more than 300 rated.\*

**And for 5 years running**, we have the highest-performing commercial health plan in all geographic areas that we serve.\*

- > [We take your heart health seriously](#)
- > [Yong Shin, MD: “We created a place we’d want our families to be treated.”](#) [video]

\*According to the 2018 HEDIS® (Healthcare Effectiveness Data and Information Set), which is used by more than 90 percent of America’s health plans to measure performance on care and service. “HEDIS” is a registered trademark of the National Committee for Quality Assurance.