

## Types of Hypertension

### What types of hypertension are there?

Hypertension is the term that health professionals use to describe high blood pressure. Your provider will check your blood pressure during your office visits. This is the best way to keep your blood pressure under control before it worsens. There are several types of hypertension; the most common are **primary and secondary hypertension**.

#### Primary hypertension

Primary hypertension is the most common type of hypertension. It is also referred to as essential hypertension. This type describes hypertension with **no obvious cause**.

The American Heart Association (AHA) suggests that a combination of genetics, age, and lifestyle factors cause primary hypertension. Lifestyle factors that may contribute include smoking, excessive alcohol consumption, and lack of exercise.

Making modifications to diet and lifestyle may help a person lower their blood pressure and reduce their risk of complications from hypertension.

#### Secondary hypertension

Secondary hypertension describes hypertension that has an **identifiable cause or underlying condition**.

According to the American Academy of Family Physicians (AAFP), around 5–10% of hypertension cases classify as secondary hypertension. This type tends to be more common in younger people. Up to 30% of people ages 18–40 who have high blood pressure have secondary hypertension.

Some possible underlying causes of secondary hypertension include:

- renal artery stenosis, or a narrowing of the arteries that supply blood to the kidneys
- diseases of the adrenal glands, such as:
  - Cushing syndrome
  - hyperaldosteronism
  - pheochromocytoma
- obstructive sleep apnea
- thyroid disorders
- congenital heart defects, such as coarctation of the aorta

You should speak with your doctor if you think you may have any form of hypertension. Hypertension can be controlled with medication but can get worse if untreated.

**Source:** <https://www.medicalnewstoday.com/articles/types-of-hypertension#primary-and-secondary>



#### Get your blood pressure checked regularly

Your provider will check your blood pressure during both your annual checkups and your regular visits. Your provider will let you know if your blood pressure is within a healthy range or recommend medications if you're at risk for high blood pressure.

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#### Our Mission:

APWU Health Plan partners with postal and federal families to create a lifestyle dedicated to healthy living. We are committed to providing our members with innovative high-quality products and services.

# Notice of Survey

## Indicate AAAHC Program related to this Notice of Survey

- ☐ Ambulatory Accreditation      ☐ Advanced Orthopaedic Certification  
☐ Medicare Deemed Status Accreditation      ☐ Patient-Centered Medical Home Certification  
☐ Health Plans Accreditation  
☒ Health Plans FEHB Accreditation

AAAHC Organization ID 108568      Organization Legal Name American Postal Workers Union (APWU) Health Plan, AFL-CIO  
 Organization "Doing Business As" Name APWU Health Plan

- ☐ This is an Unannounced Survey ~ **OR** ~ ☒ Survey date(s) for this Announced Survey July 28-30, 2025

The above-named organization has voluntarily requested this accreditation/certification survey as a means of having a third-party review to build upon strengths or identify opportunities to improve its delivery of safe, high-quality health care to its patients and/or members. The survey will evaluate the organization's compliance with AAAHC Standards and to determine if accreditation/certification should be awarded to, or retained by, this organization.

The general public, patients, members, and employees, believing that they have relevant and valid information about this organization's provision of services or compliance with AAAHC Standards, may request to present this information to AAAHC Surveyors at the time of the survey **or** may communicate such information in writing or by telephone to the AAAHC office.

All information received from identified individuals at or prior to the survey will be considered in making the accreditation/certification decision. The information presented will not be debated with the reporting individual.

A request to present or report information may be communicated in writing by mail to the address below; by email to [feedback@aaahc.org](mailto:feedback@aaahc.org); or by telephone or fax to the numbers below.

## Accreditation Association for Ambulatory Health Care, Inc.

3 Parkway North, Suite 201      TEL: 847.853.6060  
 Deerfield, IL 60015      FAX: 847.853.9028

*The organization must post the Notice prominently for at least 30 calendar days or through the end of the survey, **whichever is later**.*

Date Posted May 1, 2025      Staff Name Randy P. Griffin      Title Chief Executive Officer

## ER vs. Urgent Care vs. Virtual Visit

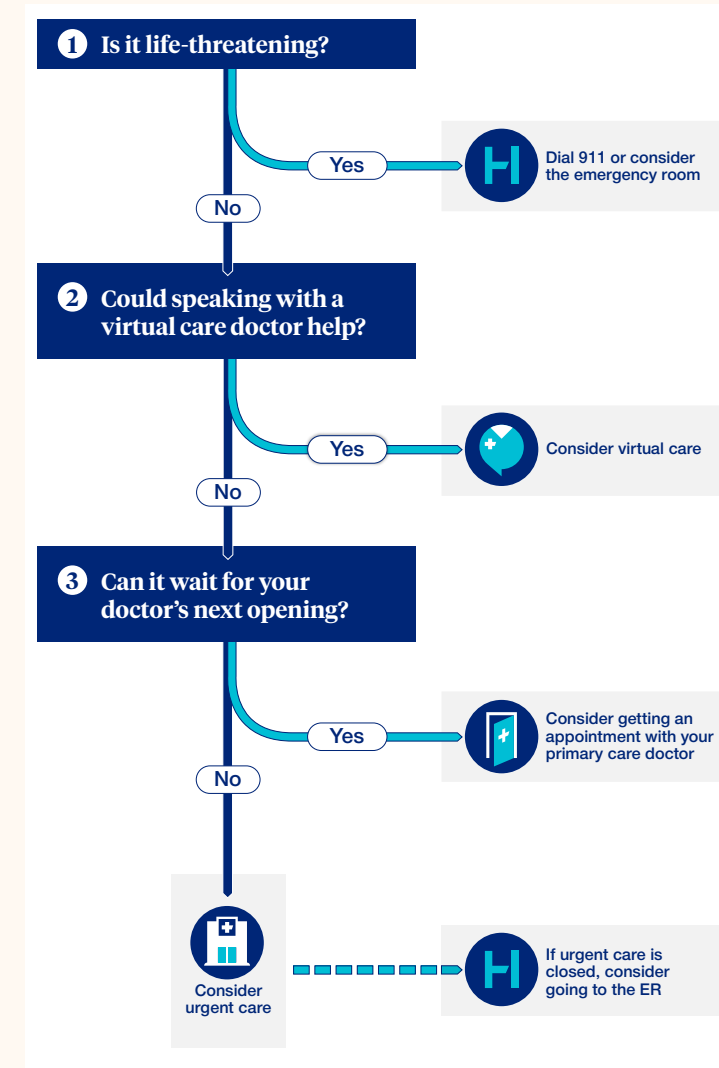
It's 6 p.m. Your child just spiked a fever or developed a painful ear infection. Or you've tripped and can't put weight on your foot. It can be confusing to know where to turn with a sudden medical issue when your doctor's office is closed. You have your hospital emergency room always there and ready to handle the most critical medical situations. But there's also urgent care or virtual care, which could save you lots of time and hundreds of dollars. Here's a look at each option:

- **Emergency Room** — In a life-threatening situation, call 911 or go to your hospital ER. They're open 24/7 and equipped to address the most complex or critical needs, including life-threatening crises like heart attacks or traumatic injuries. The highest level of care comes at a cost — around \$2,600 per visit on average.
- **Urgent Care** — These same-day clinics may be a good choice when you have an illness or injury you'd normally just see your doctor for, but you can't get an appointment and it can't wait. Consider urgent care for things like fever, moderate flu symptoms, ear infection, stomach pain or anything that you'd need addressed in person, like a cut that looks like it might need stitches, a sprained ankle or a test for an illness like strep throat.
- **Virtual Care** — Telemedicine can be a great alternative to urgent care if you don't need in-person, hands-on care. Doctors can diagnose and prescribe treatment for things like asthma flare-ups, flu, headache, joint pain and more during a video visit.

Source: <https://www.uhc.com/news-articles/benefits-and-coverage/er-vs-urgent-care-vs-virtual-visits>

## Where to go for care?

If it's after hours or your doctor can't see you right away, these questions may help you choose where to go for care.



### The APWU Health Plan offers affordable copays for our High Option members:

- Visits to an Urgent Care Center - \$30 copayment (no deductible)
- Virtual Care (through Teladoc) - Nothing for the 1st two visits. \$10 copayment after your 1st two visits.





# HEALTHY GOALS

Get to know your benefits to set healthy goals! APWU Health Plan can help you stay on track.  
Take full advantage of your High Option benefits to stay healthy and fit.

*Preventive dental is covered!  
Schedule your cleaning today!*

## When to get screened for cervical cancer

Cervical screening recommendations are developed by several organizations, including the United States Preventive Services Task Force (USPSTF). How often you should be screened for cervical cancer and which tests you should get will depend on your age and health history.

### Age 21-29 years

If you are in this age group, USPSTF recommends getting your first Pap test at age 21, followed by Pap testing every 3 years. Even if you are sexually active, you do not need a Pap test before age 21.

### Age 30-65 years

If you are in this age group, USPSTF recommends getting screened for cervical cancer using one of the following methods:

- HPV test every 5 years
- HPV/Pap cotest every 5 years
- Pap test every 3 years

### Older than 65 years

If you are in this age group, talk with your health care provider to learn if screening is still needed.

*Annual mammograms are  
100% covered when you see  
an in-network provider!*



## My Goals

- ☐ Schedule my mammogram and cervical cancer screening
- ☐ Schedule my colorectal cancer screening (if I'm over age 45)
- ☐ Spend some time getting to know my pharmacy - Express Scripts - and what benefits they offer
- ☐ Schedule my bi-annual dentist appointment

## Why should I get an annual exam and screenings?

Annual exams and cancer screenings can help find little issues before they become big ones. And the earlier you find any issues, the easier and less expensive they may be to treat.

### Which screenings are recommended for me?

Everyone should get a physical exam each year. Also, based on your age and body, your provider may recommend screenings for cervical cancer, colorectal cancer and breast cancer.

### How much does it cost?

When you see a network provider, your annual physical exam, CDC-recommended screenings and vaccines are covered 100%.

### What if I'm too busy?

We get it. We're all busy these days. Ask your provider if they have any appointments that work for you.

If not, virtual primary care may be a fit for some people.

## Download the Express Scripts mobile app

As a High Option member, you use Express Scripts for all your pharmacy needs. You can manage your medication - anywhere, anytime - **by downloading the Express Scripts mobile app!**





## Periodontitis

Periodontitis, also called gum disease, is a serious gum infection that damages the soft tissue around teeth. Without treatment, periodontitis can destroy the bone that supports your teeth. This can cause teeth to loosen or lead to tooth loss.

Periodontitis is common but can usually be prevented. It's often the result of not taking care of your mouth and teeth. To help prevent periodontitis or improve your chance of successful treatment, brush at least twice a day, floss daily and get regular dental checkups.

### Symptoms

Healthy gums are firm and fit snugly around teeth. The color of healthy gums can vary. They may range from light pink in some people to dark pink and brown in others.

#### Symptoms of periodontitis can include:

- Swollen or puffy gums
- Bright red, dark red or dark purple gums
- Gums that feel tender when touched
- Gums that bleed easily
- A toothbrush that looks pink after brushing your teeth
- Spitting out blood when brushing or flossing your teeth
- Bad breath that won't go away
- Pus between your teeth and gums
- Loose teeth or loss of teeth

- Painful chewing
- New spaces that develop between your teeth that look like black triangles
- Gums that pull away from your teeth, making your teeth look longer than usual, called receding gums
- A change in the way your teeth fit together when you bite

#### When to see a dentist

Follow your dentist's recommended schedule for regular checkups. If you notice any symptoms of periodontitis, make an appointment with your dentist as soon as possible. The sooner you get care, the better your chances of reversing damage from periodontitis.

Source: <https://www.mayoclinic.org/diseases-conditions/periodontitis/symptoms-causes/syc-20354473>



**Visits to a dentist are covered under your High Option Plan.**

Routine dental is included as part of your benefits! Coverage includes 2 checkups, X-rays, fluoride treatments, cleanings and simple extractions! Members pay 30% of the plan allowance and the APWU Health Plan will pay the remaining 70% of your covered services. And you don't have to worry about switching dentists if you already have one. There is no network so you can see any dentist of your choosing.

## What Is Asthma?

Asthma is a chronic (long-term) condition that affects the airways in the lungs. The airways are tubes that carry air in and out of your lungs. If you have asthma, your airways can become inflamed and narrowed at times. This makes it harder for air to flow out of your airways when you breathe out.

About 1 in 13 people in the United States have asthma, according to the Centers for Disease Control and Prevention. It affects people of all ages and often starts during childhood. Certain things, such as pollen, exercise, viral infections, or cold air, can set off or worsen asthma symptoms. These are called asthma triggers. When symptoms get worse, you can experience an asthma attack.

There is no cure for asthma, but treatment and an asthma action plan can help you manage the condition. The plan may include monitoring, avoiding triggers, and using medicines.

#### Symptoms of asthma may include:

- Wheezing, which is a whistling sound when you breathe out
- Coughing, especially at night or early morning
- Shortness of breath
- Chest tightness

#### Create an asthma action plan

Your healthcare provider will work with you to create a treatment plan for your asthma. An asthma action plan is a written treatment plan that describes the following:

- How to identify allergens or triggers to avoid
- How to know if you are having an asthma attack and what to do
- Which medicines to take and when to take them
- When to call your provider or go to the emergency room
- Whom to contact in an emergency

Source: <https://www.nhlbi.nih.gov/health/asthma>

## 3 Programs for a Healthier You

Wishing you were a little healthier? Having troubles quitting smoking? Remember that you don't have to make a major change to have an impact. So start small. Maybe you could start adding 10-minute walks into your day. Commit to eating fruit every morning. Or explore ways to cut back on stress. Whatever tops your list, make a plan to get started and stay motivated with these resources.

### 1. Rally®

Work toward your wellness goals and make an impact with Rally. Here's how it works:

- **Take the health survey** to see how you're doing in vital areas such as nutrition, fitness, sleep and stress.
- **Pick your focus.** You'll get personalized recommendations based on your survey results. Choose ones that fit your lifestyle, and track your progress on your dashboard.
- **Help do good.** Earn Rally Coins for everything from logging in regularly to completing healthy actions. Your Coins will be combined with those of other Rally users to reach a certain goal. When it's met, Rally will donate money to an organization like the American Heart Association, Alzheimer's Association, Autism Speaks or American Cancer Society.

Call **1-866-569-2064** or visit [werally.com](http://werally.com) to start a Rally account.

### 2. One Pass Select®

Work out when and how you want with a One Pass Select membership.

- **At the gym** — Access thousands of gyms and fitness studios throughout the country.
- **At home** — Fit movement into your day with access to live and on-demand classes.
- **Grocery delivery** — Get groceries and household essentials delivered to your home at no additional cost.

Choose the digital-only membership for just \$10/month or memberships with gym access and grocery delivery starting at \$34/month.

Get started at [OnePassSelect.com](http://OnePassSelect.com).

### 3. Quit for Life®

Quit for Life is an online tobacco cessation program that offers personalized coach support, text message support, group therapy and online counseling sessions to help you quit smoking for good. If you've been having difficulties quitting smoking or are thinking about cutting the habit and don't know where to start, then go to [www.quitnow.net](http://www.quitnow.net) to learn more!

*Enrollment in the Quit for Life program must be initiated by the member.*





**APWU Health Plan**

6514 Meadowridge Road  
Elkridge, MD 21075  
(800) 222-2798

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## TOGETHER. BETTER HEALTH.

*This is a summary of benefits and features offered by the APWU Health Plan. All benefits are subject to the definitions, limitations, and exclusions set forth in the Plan's Brochure (RI 71-004).*



### We want to hear from you!

*In an effort to improve our future products and services, we are asking for 5 minutes of your time to provide us feedback on your experiences with the APWU Health Plan. To get started just scan the QR code or visit this link: <https://hcsurvey.apwuhp.com>*



### Manage your High Option health plan with your member portal.

#### Download the myapwuhp app.

The myapwuhp app is another tool that can help you manage your health plan. See your claims, year-to-date information, prescriptions, and more.

**You must register for the member portal in order to use the secure app.**

