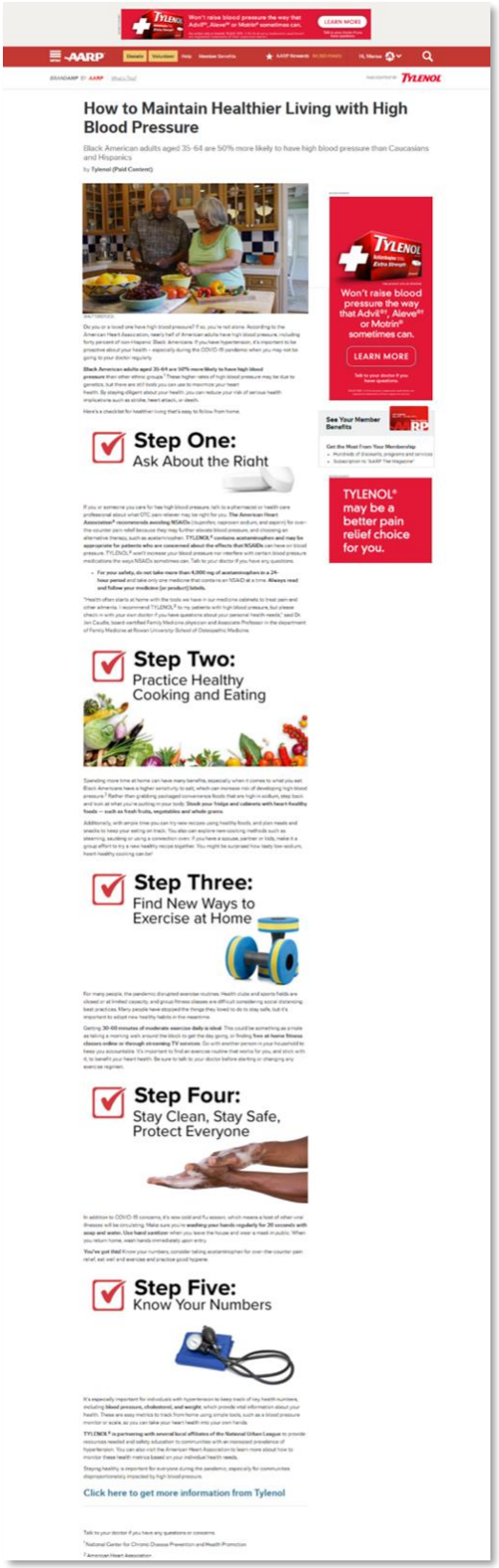
Q4 2020



How to Maintain Healthier Living with High Blood Pressure

Black American adults aged 35-64 are 50% more likely to have high blood pressure than Caucasians and Hispanics

by Tylenol (Paid Content)

Won't raise blood pressure the way that Advil®, Aleve® or Motrin® sometimes can.

LEARN MORE

See Your Member Benefits

TYLENOL® may be a better pain relief choice for you.

Step One: Ask About the Right

Step Two: Practice Healthy Cooking and Eating

Step Three: Find New Ways to Exercise at Home

Step Four: Stay Clean, Stay Safe, Protect Everyone

Step Five: Know Your Numbers

Click here to get more information from Tylenol