**Keep your blood pressure in check**

High blood pressure is a serious issue among Canadians. According to a [Statistics Canada Health Report](https://www150.statcan.gc.ca/n1/daily-quotidien/190220/dq190220a-eng.htm) (2019), **nearly one-quarter of Canadian men (24%) and women (23%) have high blood pressure**. Also referred to as hypertension, the prevalence of high blood pressure among Canadian adults increases with age.

To learn more, visit [www.otipinsurance.com/article99](http://www.otipinsurance.com/article99).

