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Older immigrants have a disproportionately higher incidence of hypertension (HTN) compared to their American-born counterparts. They experience frequent illness exacerbations and acute care utilization due to uncontrolled HTN. Interviews were conducted with a convenience sample of 25 older Slavic immigrant women with HTN. The analysis focused on describing the beliefs and behaviors surrounding HTN management decisions. A four-stage circular process emerged: 1) Identification of HTN symptoms (“feel bad” and/or headache); 2) Assessment of blood pressure (taking a blood pressure reading or recall of prior experiences); 3) Intervention Initiation (folk remedies used first) such as: a) herbs (rosehips, yarrow, hawthorn, fennel, and dill); b) dietary remedies (lemon, beets and raspberries); c) mineral substance (mumiyo); d) Slavic pharmaceuticals (Validol and Enap); and/or d) treatments (mustard plaster and hot or cold water therapy). 4) Reassessment of symptoms and/or elevated blood pressure reading. Based on reassessments, if symptoms continued and/or blood pressure readings remained elevated (definitions of elevation varied for each woman) then another folk remedy and/or prescribed medication would be implemented. Participant approach to managing their HTN was based on their belief it was an episodic and acute condition and was to be treated only in the presence of symptoms and/or elevated blood pressure measurement reading. Thus, a trial and error approach was used to manage their HTN resulting in an uncontrolled chronic condition. Older Slavic immigrant women continue to experience uncontrolled HTN and understanding beliefs and behaviors will support the development of culturally tailored blood pressure management interventions.