

Teaming up to keep my blood pressure down.

My high blood pressure greatly raises my risk of heart attack and stroke, but I can take steps to reduce my risk and lead a longer, healthier life.

TODAY, I WILL:



TAKE my blood pressure medication(s) as prescribed.



CHECK my blood pressure at the local pharmacy or with my at-home monitor.



TALK to my pharmacist or doctor if I have questions about my blood pressure or medication(s).



ENGAGE in at least 2 hours and 30 minutes of exercise each week.



EAT a diet low in salt. Include plenty of whole grains, low-fat dairy, and at least five servings of fruits and vegetables a day.



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Since remembering to take medication(s) is one of the most common reasons patients are non-adherent, the following tool is designed to serve as a friendly reminder that they will see frequently throughout the day. Offer a page from this tear pad to your patients and suggest that they hang it on their refrigerator or place it by the telephone where they are sure to see it. You can customize it for your pharmacy, including store and pharmacist contact information.