

# What's the big deal?

about controlling  
my blood pressure?

Small changes can make a  
huge difference:

- A 30-minute walk every day  
can drop your blood  
pressure 10 points.
- Losing 5-10 pounds can  
drop your blood pressure  
5 or more points.
- Quitting smoking can  
drop your blood pressure  
5-10 points.
- Every 5 points decrease  
in blood pressure reduces:
  - Risk of stroke by 34%
  - Risk of heart attack by 21%

fold here

\_\_\_\_\_  
Name

\_\_\_\_\_  
ID

\_\_\_\_\_  
Health Care Provider

\_\_\_\_\_  
Provider Phone

fold here



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# Blood Pressure Tracker

Your doctor wants you to  
take your **blood pressure  
medicine** *before* any lab  
test or office appointment.



## My Blood Pressure

—

Name

⌒

## My blood pressure goal