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National High Blood Pressure Education Month 2019 WE NEED YOUR HELP

National High Blood Pressure Education Month is the perfect time to raise awareness for high blood pressure prevention. We need your help to ensure those in your community know their numbers and manage their risk.

Small choices made each day can make a positive impact in managing your blood pressure. It could mean the difference in your risk for heart disease or stroke. Thank you for taking time to encourage friends, family and those in your community to learn about the prevention and management of high blood pressure.

Your Role

As a result of the guidelines, more Americans will discover their blood pressure is above a healthy limit. That's why we need your help encouraging people to check their blood pressure and find out where they are using our [interactive blood pressure tool](#). The following materials, including key messages, social media messages and various outreach tools, will support your efforts for a successful National High Blood Pressure Education Month.

Here are a few ways you can help us get the word out:

- Check your blood pressure and learn what your blood pressure numbers mean using our [interactive blood pressure tool](#).
- Use [#CheckIt](#) when posting about National High Blood Pressure Education Month. (Choose from several prepared messages on the Key Messages page.)
- We're proud to be working in collaboration with the [World Hypertension League](#) to make World Hypertension Day, May 17, a part of our outreach. Encourage your alliance organizations to host blood pressure screening events on or around World Hypertension Day.
- Share World Hypertension Day announcements and other important blood pressure messages.
- Add [#WorldHypertensionDay](#) to your regular [#CheckIt](#) social media tag on May 17 only.
- Follow the AHA ([@American Heart](#)) on Twitter for more details on the campaign as they're announced.

Getting involved with National High Blood Pressure Education Month not only gives you a great opportunity to engage with your community — it also sets the stage for follow-up with participants to further AHA goals around [Check. Change. Control.](#)[®] and to further engage [Target: BP](#) participants in the AHA mission.