



Gain Control.

Heart.org/bplevels

National High Blood Pressure Education Month 2019

KEY DATES & SOCIAL MEDIA

National High Blood Pressure Education Month is the perfect time to raise awareness for high blood pressure prevention. Here are some key dates and corresponding social media messages that are ideal for letting those in your community know about ways to manage their risk.

Small choices made each day can make a positive impact in managing blood pressure. It could mean the difference in peoples' 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.

Key dates & social media messages – consumer/community

May 1- 31

- The only way to know if your blood pressure is too high is to #CheckIt. May is the month to know your numbers and learn what they mean by using AHA's [interactive blood pressure tool](#).
- Most of the time, high blood pressure has no symptoms. The best way to know if your numbers are high is to #CheckIt and learn your risk using AHA's [interactive blood pressure tool](#).
- It's National High Blood Pressure Month! It only takes a few minutes to check your blood pressure and learn your risk by using AHA's new [interactive blood pressure tool](#).
- You might have high blood pressure – nearly half the people in the U.S. do. Now's the time to #CheckIt and learn your risk using the [interactive blood pressure tool](#).
- Now's the time to #CheckIt and learn your risk using the [interactive blood pressure tool](#).

May 17 - World Hypertension Day

On World Hypertension Day, spread the word by sharing social media announcements from the AHA and [World Hypertension League](#) as they support May Measurement Month. On this day, you may also want to use #WorldHypertensionDay in your posts.

- Do you know your blood pressure numbers and what they mean? If you don't, today's the day to #CheckIt and use AHA's new [interactive blood pressure tool](#) to learn your risk. #WorldHypertensionDay

Key dates & social media messages – health care providers

- May is High Blood Pressure Education Month. What's it to you? Encourage your patients to know their blood pressure numbers and what they mean by using the AHA's [interactive blood pressure tool](#).
- Share the AHA's new [interactive blood pressure tool](#) to help patients learn their risk and access support materials.
- Help your patients reduce their risk for heart attack and stroke by controlling their blood pressure. Encourage patients to check their blood pressure numbers and keep them in check. AHA's new [interactive blood pressure tool](#) will help them understand what their numbers mean.