



Gain Control.

Heart.org/bplevels

National High Blood Pressure Education Month 2019

RESOURCES

National High Blood Pressure Education Month is the perfect time to raise awareness for high blood pressure prevention. Use and share the resources below to let 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.

These AHA items can be purchased to enhance your events.

#CheckIt Stickers

Check. Change. Control. blood pressure stickers can be purchased from AHA Shop Heart. Packaged in rolls of 100, they're a perfect way for those who get their BP checked to show off that they took charge of their health!

Ordering link for [AHA affiliate staff](#)

Ordering link for [all others](#)

Patient Education

AHA high blood pressure health education brochures can be purchased from Staywell to distribute at events. Check out the full catalog [here](#). *(Available while supplies last)*

Still Haven't Found What You're Looking For?

The American Heart Association's online store has even more ways to raise awareness and help people keep their blood pressure in check — including new wallet-sized BP logbooks.

Ordering link for [all others](#)

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