

Facebook Posts

The captions and corresponding images included in this document are intended to help you share your practice's commitment to improving blood pressure control with your Facebook community. Follow the steps below to get started.

1. There are three different categories for the posts: **Working Together**, **Hypertension Awareness** and **Achieving Control**. Scroll through each subject category to find an image and caption you'd like to post.
2. Copy the chosen image. Then, go to your Facebook page and paste the image in the posting window. It should appear as a small square within the window.
3. Now, highlight the corresponding caption that was included above the picture in this document.
4. If the caption you have selected includes red text, you must select the wording that best fits you or your practice. Choose the most appropriate option and delete the remainder of the red text.*
5. Copy and paste the caption just as you did for the image. It should appear above the small square image in the posting window.
6. Click "Post".

***The images and content should not be adapted or changed in any way outside of replacing red text (where applicable) with your selection.**



Working Together

Caption:

The American Heart Association and American Medical Association have developed the #TargetBP initiative to help doctors and patients lower high blood pressure and ultimately build a healthier nation. <We are; Our team is; [Practice name] is/are> proud to join them in their efforts.

Image:



Caption:

<Our team; We; [Practice name]> joined the #TargetBP initiative to commit to lowering high blood pressure in our community. If you have high blood pressure and are not on a treatment plan, don't take chances. Make an appointment today.

Image:





Caption:

By joining #TargetBP, we've committed to improving the nation's blood pressure control rate—one patient at a time. #TargetBP

Image:



Caption:

Know your numbers and make an appointment today. High blood pressure can lead to serious problems such as heart failure, heart attack or stroke. That's why we're committed to lowering blood pressure in our community. #TargetBP

Image:





Hypertension Awareness

Caption:

High blood pressure costs the U.S. an estimated \$131 billion each year. We're working to change that. #TargetBP

Image:



Achieving Control

Caption:

Do you have high blood pressure? Following a heart-healthy diet, such as the DASH eating plan, may help reduce your blood pressure by a few points in just two weeks. #TargetBP

Image:

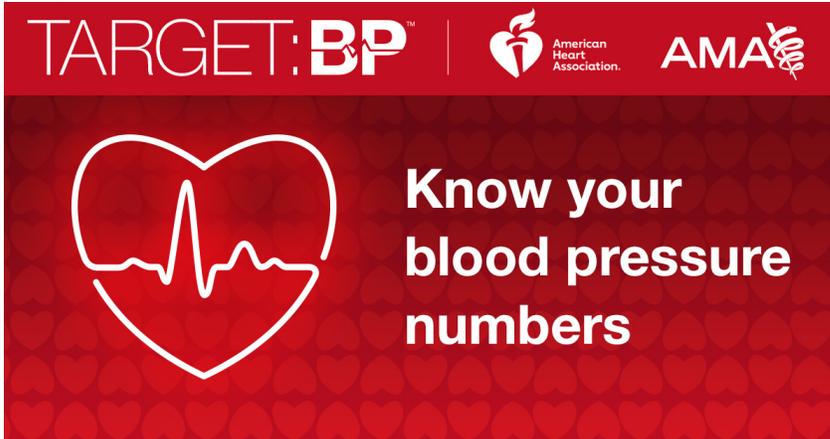




Caption:

The only way to know if you have hypertension is to have your blood pressure checked. Talk to your doctor today to understand your numbers and how they can affect you. #TargetBP

Image:



Caption:

By partnering with [your doctor/our team] to lower your high blood pressure, you're taking the first steps toward a healthier future. Learn more at ManageYourBP.org. #TargetBP

Image:





Caption:

The first step towards a healthier future is partnering with your doctor to create a blood pressure management plan that works for you. #TargetBP

Image:

