Twitter

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

1. There are three different categories of tweets: **Working Together**, **Hypertension Awareness**, and **Achieving Control**. Scroll through each subject category to find an image and caption you’d like to tweet.
2. Copy the chosen image. Then, go to your Twitter and paste the image in the “What’s happening?” window. It should appear as a small square within the window.
3. Now, highlight the corresponding tweet that was included above the picture in this document.
4. Copy and paste the tweet just as you did for the image. It should appear above the small square image in the window.
5. Click "Tweet".

*The images and content should not be adapted or changed in any way.*
Working Together

Tweet:
We’re proud to join the #TargetBP initiative to help doctors and patients lower high blood pressure & build a healthier nation.

Image:
Teaming up to lower blood pressure nationwide

Tweet:
We've joined the #TargetBP initiative to lower high blood pressure in our community. If you have high blood pressure, make an appointment today.

Image:
Together, we can take back control.
Tweet:
By joining #TargetBP, we've committed to improving the nation's blood pressure control rate—one patient at a time.

Image:

Tweet:
Know your numbers - high blood pressure can lead to serious problems such as heart failure, heart attack or stroke - let’s prevent that. #TargetBP

Image:
Tweet: @American_Heart and @AmerMedicalAssn have recognized our team for achieving 70% or greater blood pressure control among our patients! #TargetBP

Image:

Hypertension Awareness

Tweet: Hypertension costs the U.S. an estimated $131 billion each year. We're working to change that. #TargetBP

Image:
Achieving Control

Tweet:
A heart-healthy diet, such as the DASH eating plan, may help you reduce your blood pressure by a few points in just 2 weeks. #TargetBP

Image:

HEART-HEALTHY EATING

HAVE PLENTY OF THESE:
• Fruits
• veggies
• Low-fat dairy
• Whole grains
• Fish & poultry
• Nuts

LIMIT THESE:
• Sodium
• Sweets
• Sugary drinks
• Red meat
• Saturated fat
• Trans fats

Tweet:
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.

Image:

Know your blood pressure numbers
Tweet:
By partnering with your doctor to lower your high blood pressure, you’re taking the first steps toward a healthier future. #TargetBP

Image:

Tweet:
The 1st step towards a healthier future is partnering w/ your doctor to create a blood pressure management plan that works for you. #TargetBP

Image: