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:

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

**Image:**
[Image of two people discussing blood pressure control]

**Tweet:**
Know your numbers—high blood pressure can lead to serious problems such as heart failure, heart attack or stroke—make an appointment today. #TargetBP

**Image:**
[Image of a woman having her blood pressure checked]
**Hypertension Awareness**

**Tweet:**
Hypertension costs the US an estimated $131 billion each year. We are working to change that. #TargetBP

**Image:**

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**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:**

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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:

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: