



**Check.
Change.
Control.®**

Did you know?

According to the American Heart Association, nearly half of adult Americans—46%—have high blood pressure. High blood pressure is a major health risk factor, increasing your chance to suffer a heart attack, stroke or other cardiovascular issue.

But there's good news: you can do something about high blood pressure and significantly reduce your risk for these diseases through simple, manageable steps.

The American Heart Association's **Check. Change. Control.** program is a free educational tool that empowers local organizations to work with participants over a 4-month period to learn about the importance of checking blood pressure through self-monitoring, making necessary lifestyle changes and working with their provider to lower levels and then controlling a healthy reading for years to come.

The free implementation toolkit includes:

- Four-month education program
- Access to an online tracker for participants to connect with an organization's health mentor that includes text options, easy communication and visual tracking of BP readings
- Access to resources, hand-outs, articles and fact sheets
- Template emails, marketing and outreach
- Support from local American Heart Association staff

To sign up for your free toolkit or to learn more, contact your local American Heart Association | American Stroke Association representative.



Heart.org/CheckChangeControl

Know Your Numbers

Blood Pressure Category	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertension Crisis (consult your doctor immediately)	Higher than 180	and/or	Higher than 120