

Hypertension Tip Sheets



To accompany our hallmark patient education material, *Circulation Nation: Your Roadmap to Managing High Blood Pressure*, Measure Up/Pressure Down[®] created a series of 10 tip sheets – each focused on a specific high blood pressure risk factor. Disseminate tip sheets to your providers and patients, or print and display as posters in exam rooms or waiting areas.

Links: The tip sheets are available on the Measure Up/Pressure Down[®] website at http://www.measureuppressuredown.com/Find/TipSheets/index_tipSheets.asp. Each tip sheet can be downloaded at the following links:

- **Eat Right:**
http://www.measureuppressuredown.com/Find/TipSheets/eatRight_tipSheets.asp
- **Be Active:**
http://www.measureuppressuredown.com/Find/TipSheets/beActive_tipSheets.asp
- **Communicate:**
http://www.measureuppressuredown.com/Find/TipSheets/communicate_tipSheet_s.asp
- **Track Your Numbers:**
http://www.measureuppressuredown.com/Find/TipSheets/trackNumbers_tipSheets.asp
- **Take Your Medication:**
http://www.measureuppressuredown.com/Find/TipSheets/medication_tipSheets.asp
- **Reduce Stress:**
http://www.measureuppressuredown.com/Find/TipSheets/reduceStress_tipSheets.asp
- **Set Alcohol Limits:**
http://www.measureuppressuredown.com/Find/TipSheets/alcoholLimits_tipSheet_s.asp
- **Stop Tobacco Use:**
http://www.measureuppressuredown.com/Find/TipSheets/tobaccoUse_tipSheets.asp

- **Manage All Your Health Issues:**

http://www.measureuppressuredown.com/Find/TipSheets/manageHealth_tipSheets.asp

- **Know Your Risks:**

http://www.measureuppressuredown.com/Find/TipSheets/knowRisks_tipSheets.asp

PDF Versions: To request PDF versions, please contact us.

Contact Us: For questions or requests, email MUPDNationalDayofAction@amga.org.