

Social Media Posts



Spread the word to your digital followers about the dangers of uncontrolled high blood pressure, the importance of control, and tips for healthy living. Sample social media posts and shareable images are included below. Note: Additional tweets and images specific to our May 5 Twitter chat with Million Hearts® are available at www.MeasureUpPressureDown.com/NDA2016

Facebook Posts: Be sure to tag AMGAFhealth so that we can like and share your posts!

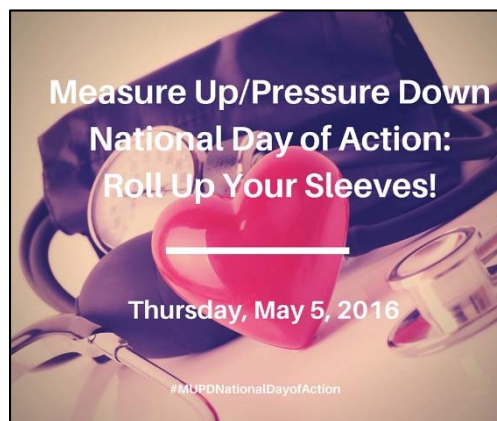
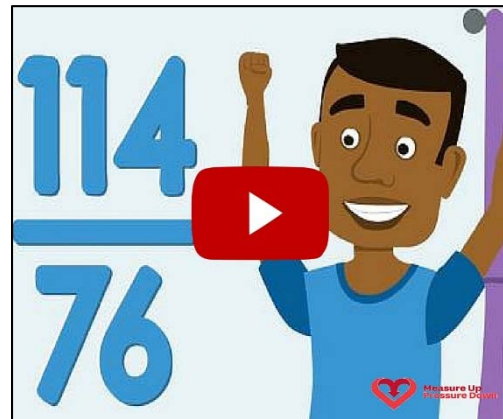
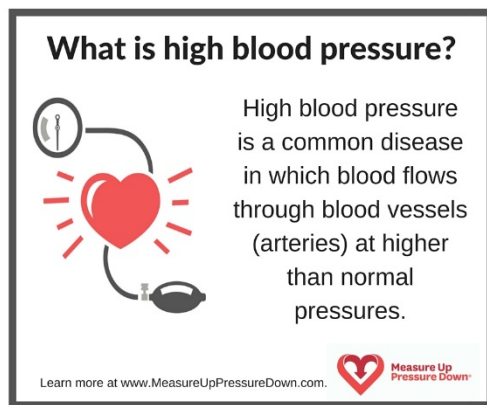
- [ORGANIZATION] and Measure Up/Pressure Down (part of @AMGAFhealth) are rolling up our sleeves to improve high blood pressure awareness, detection and control on May 5! Learn more: [LINK TO MUPD SITE OR YOUR SITE OR PRESS RELEASE] #MUPDNationalDayofAction
- Test your smarts! What is a healthy blood pressure? 159/121? 119/77? 145/100? Tell us in the comments below and we'll pick a winner.
#MUPDNationalDayofAction
- How do you measure up? Discover facts about blood pressure with Measure Up/Pressure Down: <http://ow.ly/vzQ3T> #MUPDNationalDayofAction
- Have high blood pressure? Get inspired as Henry learns how to manage his high blood pressure and live a long, healthy life: <http://ow.ly/106IBO>
#MUPDNationalDayofAction
- Today marks the third annual #MUPDNationalDayofAction! What will you do to manage your blood pressure today? INSERT IMAGE

Twitter Posts: Be sure to tag @AMGAFhealth so that we can favorite and retweet your tweets!

- We're rolling up our sleeves with @AMGAFhealth to improve high blood pressure on May 5! Learn more: [LINK TO MUPD SITE OR YOUR SITE OR PRESS RELEASE] #MUPDNationalDayofAction
- How do you measure up? Discover facts about blood pressure with @AMGAFhealth: <http://ow.ly/vzQ3T> #MUPDNationalDayofAction EMBED IMAGE

- TRIVIA: What is a healthy blood pressure? 159/121? 119/77? 145/100? Take a guess. #MUPDNationalDayofAction
- Have high blood pressure? Watch how Henry learns to live a long, healthy life: <http://ow.ly/106IBO> #MUPDNationalDayofAction **EMBED IMAGE**
- Today marks the third annual #MUPDNationalDayofAction! What will you do to manage your blood pressure today? **INSERT IMAGE**

Social Media Images: JPG versions of these images can be downloaded at www.MeasureUpPressureDown.com/NDA2016. There are two versions of each image – sized for Twitter and Facebook, respectively.



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