



Every 39 seconds
someone dies from a
heart attack or stroke.



If you have high blood pressure and/or diabetes, you are at risk for a heart attack or stroke.

You're not alone. About 1 in 3 U.S. adults has high blood pressure and 1 in 11 U.S. adults has diabetes, and most do not have either condition under control. There are simple steps you can take to help better control your blood pressure and blood sugar and lower your risk:

- ▼ **TAKE** blood pressure and diabetes medication(s) as prescribed.
- ▼ **MONITOR** your blood pressure and blood sugar regularly with an in-store or at-home monitor.
- ▼ **TALK** to your pharmacist about your blood pressure or diabetes; he/she can dispense advice as well as medication.
- ▼ **ENGAGE** in heart-healthy habits, such as regular physical activity and a low sodium (salt) diet rich in fruits and vegetables.



Teaming up to keep your blood pressure down.

To help control your blood pressure and diabetes and reduce your risk of a heart attack or stroke, team up with your pharmacist to learn more about taking your medication(s) as directed. Use this card to keep your pharmacy and prescription information handy for future refills:

Pharmacist Name: _____

Pharmacy Phone Number: _____

Prescription(s) Name: _____

Rx Number(s): _____

Team Up. Pressure Down. is a program of **Million Hearts™**, a national public-private initiative led by the U.S. Department of Health and Human Services. Learn more at <http://millionhearts.hhs.gov>

