

Blood Pressure Resources with QR Codes

The resources on each page below will help you to educate your patients, customers, or constituents about various topics related to managing blood pressure. Click the links on the menu below to access the resources of your choice. You can print any page and post them in your office, practice, facility or community organization. Do not post this first page. A link is included for each resource in case accessing a QR code is not possible.

Helpful Tip: Each page contains a QR code with instructions for using a cell phone to access the tool. Familiarize yourself with the use of QR codes if the person wanting to access a resource has questions.

Resource Contents

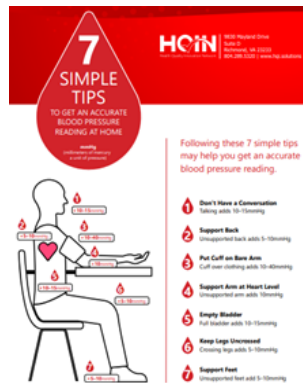
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7 Tips for Taking Blood Pressure at Home



<http://bit.ly/3yCCTST>

It is important to know how to take your pressure when at home. Scan this QR code to learn seven tips for correctly measuring your blood pressure.

How to Scan a QR Code

1. Open your camera or QR code app.
2. Using the rear facing camera, hold your device so that the QR code appears in the viewfinder in the camera or QR code app.
3. Your device recognizes the QR code and shows a highlighted notification or link.
4. Tap the notification or link to open the resource associated with the QR code.



ABCS of Heart Health

ABCS of Heart Health To reduce the risk of heart attack or stroke



Every year, Americans suffer more than **1.5 million heart attacks and strokes**. But following the ABCS can help reduce your risk and improve your heart health.

- A:** Take aspirin as directed by your health care professional.
- B:** Control your blood pressure.
- C:** Manage your cholesterol.
- S:** Don't smoke.



<http://bit.ly/3ZMeDK9>

1.5 million Americans suffer heart attacks and strokes every year.
Scan this QR code to learn about the ABCS of Heart Health:
Aspirin, Blood Pressure, Cholesterol, Smoking.

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African Americans & Blood Pressure

 **What About African Americans and High Blood Pressure?**

African Americans in the U.S. have a higher prevalence of high blood pressure (HBP) than other racial and ethnic groups. It is also often more severe in Black people and some medications are less effective in treating Black people with HBP.

High blood pressure usually has no symptoms. That's why it's called the "silent killer." The only way to know if your blood pressure is high is to have your health care professional check it regularly.



<http://bit.ly/3ThMw2J>

African Americans are at an increased risk of developing high blood pressure. Scan this QR code to learn more.

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BP & Kidney Disease



<http://bit.ly/429G8Pk>

High blood pressure is the second most common cause of kidney disease.
Scan this QR code to learn more.

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Blood Pressure Fact Sheets



<http://bit.ly/3mJ1t1E>

Scan this QR code to access free fact sheets regarding blood pressure.
(Available in Spanish and English/Disponibile en español e inglés)

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High Blood Pressure Calculator Tool



American Heart Association.
Check. Change. Control.[®]
Calculator



<http://bit.ly/3Fq3eHD>

Scan this QR code for more information about your risk for heart disease or stroke.

How to Scan a QR Code

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Learn About High Blood Pressure



<http://bit.ly/3FnrA4O>

Scan this QR code to learn about high blood pressure, what blood pressure numbers mean and what you can do to manage high blood pressure.

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Lower Your Risk for Heart Disease

What steps can you take to lower your high blood pressure?



- 1 Set Targets**
Work with your doctor to set blood pressure numbers that are healthy for you.
- 2 Take Control**
Make lifestyle changes such as eating healthy, staying active, and watching your weight.
- 3 Work Together**
Studies show that if you engage in heart healthy activities with others, you have a better chance of staying motivated.



<http://bit.ly/3ThWiBW>


Scan this QR code to access free resources and information to better manage your blood pressure at home.

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Make the Most of Your Appointment



LOWER YOUR BLOOD PRESSURE:
MAKE THE MOST OF YOUR APPOINTMENT WITH A HEALTH CARE PROFESSIONAL.



GETTING READY

How often do you check your blood pressure?

- Every day
- About once a week
- About once a month
- Rarely
- Never

If you measure your blood pressure, do you keep a log?

- Yes
- No

Are you taking your medications as prescribed?

- Yes
- Usually
- Sometimes
- No

OVERCOMING CHALLENGES

To get less salt in my diet, I'd like to (choose all that apply):

- Buy low sodium foods
- Taste before adding salt
- Use salt-free spices/herbs
- Check labels for sodium
- Cook at home more often

It's hard for me to manage my blood pressure because (choose all that apply):

- I don't like the way the medication makes me feel
- I'm having trouble getting my medication
- I'm having trouble changing my diet
- I can't easily exercise
- It's expensive
- I'm stressed/I don't feel well
- I forget what I need to do

During my appointment, I'd like to discuss (choose all that apply):

- My medications
- Checking my blood pressure at home
- Reducing salt in my diet
- Getting more exercise
- Managing my weight
- Quitting smoking

PLANNING FOR SUCCESS

During your appointment, refer to this guide and have ready:

1. A complete list of all your medications (including over the counter, vitamins, and herbal supplements)
2. A pen and paper to take notes

Today my BP is:

- Normal
- Elevated
- Stage 1
- Stage 2

Notes:

My next appointment is on:



<http://bit.ly/3mQgT4u>







Scan this QR code to help prepare for your next appointment with your health care professional and be more successful at lowering your blood pressure.

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The DASH Diet

DASH Eating Plan	
The Benefits: Lowers blood pressure & LDL "bad" cholesterol.	
✔ Eat This	⚠ Limit This
 Vegetables	 Fatty meats
 Fruits	
 Whole grains	 Full-fat dairy
 Fat-free or low-fat dairy	



<http://bit.ly/3Jg6O8f>

The Dietary Approaches to Stop Hypertension (DASH) is a flexible and balanced eating plan to help have a heart healthy diet. Scan this QR code to explore how to achieve your nutritional goals.

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Anímate a Bajar tu Presión

La presión arterial alta afecta a casi 1 de cada 2 adultos en los Estados Unidos. Chécala todos los días, habla con tu doctor y sigue tu ritmo. Monitoreála ya.



<http://bit.ly/3FnRTrr>

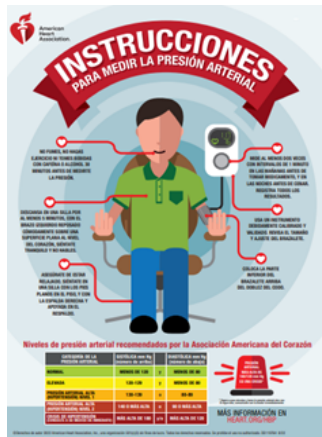
La presión arterial alta afecta a casi 1 de cada 2 adultos en los Estados Unidos. Siga este código QR para obtener más información sobre cómo controlarlo y hable con su médico.

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Instrucciones Para Medir La Presión Arterial



<http://bit.ly/3Fna5l4>

Siga este código QR para obtener más información sobre las recomendaciones de presión arterial de la Asociación Americana del Corazón.

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