Do you have high blood pressure?

Then this booklet is for you. It can help you live a longer, fuller life.

What’s inside?

Part 1: Getting Started
How other people are keeping their blood pressure down 2
Your own reasons—what will motivate you? 3

Part 2: Living Well With High Blood Pressure
You can live well with high blood pressure 4
Learn about high blood pressure 5
Check your blood pressure on a regular basis 9
Lead a healthy lifestyle 12
If your doctor prescribes medicine, take it seriously 21
Action plan for a healthy lifestyle 22

Part 3: Marcus’s Success Story
A day in the life 24

Part 4: Questions and Answers
Quick answers to your questions 28