



# Do you have high blood pressure?

## Do you need help managing it?

Sign up for

# Know It Control It

a four-month  
high blood pressure  
management program

### You will receive:

- Blood pressure checks
- Training on how to take your blood pressure
- Tips and tricks for managing your blood pressure

### In order to enroll in this program you must:

- Be at least 18 years old
- Have been diagnosed with high blood pressure
- Have a normal heart beat
- Not have had a heart attack or stroke in the past six months

For more information contact the blood pressure coach.