



THANK YOU FOR BEING PART  
OF MAY MEASUREMENT MONTH

**YOUR BLOOD PRESSURE TODAY WAS**

\_\_\_\_\_ / \_\_\_\_\_ DATE \_\_\_\_\_

**A Simple Measure to Save Lives**  
**#checkyourpressure**

## BASED ON YOUR RESULT, WE RECOMMEND THAT YOU...

See your doctor as soon as you can

Maintain your healthy lifestyle and have regular blood pressure checks

**For further information and tips for maintaining healthy blood pressure, visit [www.maymeasure.com/public-info](http://www.maymeasure.com/public-info)**

# [www.maymeasure.com](http://www.maymeasure.com)

May Measurement Month is an initiative led by the International Society of Hypertension and endorsed by the World Hypertension League