

GET STARTED . . . CHECK. CHANGE. CONTROL.®

Managing your blood pressure just got easier!

The American Heart Association's Check. Change. Control.® Tracker on-line site has trusted resources to keep you motivated and on track. Signing up is as easy as 1, 2, 3:

1. Sign up!

Go to heart.org/cc and click "Create an account." Use the campaign code: WVCCC

2. Log weekly readings!

Take your blood pressure weekly and enter readings into your Tracker account. Set up text message reminders to take your blood pressure. You can also text back your readings, and they will be added to your Tracker account automatically.

3. Additional features!

You can connect with a healthcare provider or volunteer to share your blood pressure readings.

CHECK. CHANGE. CONTROL.® Works!

More than 389,000+ participants have enrolled.
The average person lowered their systolic (top blood pressure number) by 11 mm Hg.

Your blood pressure (BP) numbers matter!

Every 20 point increase in systolic BP (top number) = **DOUBLES** risk of death from stroke, heart disease, or other vascular disease

Welcome to the American Heart Association's Check. Change. Control.® Tracker

Check Change Control uses self-monitoring and tracking of blood pressure readings at home to help you achieve and maintain a healthy heart. Sign up today to start managing your heart health!

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American Heart Association
NATIONAL CENTER
5515 Greenville Ave
Dallas, TX 75243

OUR SITES

- American Heart Association
- American Stroke Association
- Professional Heart Daily
- More Sites

TAKE ACTION

- Advocate
- Donate
- Planned Giving
- Volunteer

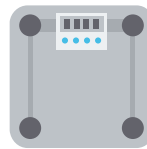
ONLINE COMMUNITIES

- AFib Support
- Garden Community
- Patient Support Network

heart.org/cc

IMPROVING AND CONTROLLING YOUR BLOOD PRESSURE CAN SAVE YOUR LIFE!

Ways to Control and Reach Your Goal:



Reduce Weight
▼ 5 mm Hg



Be More Active
▼ 5 to 8 mm Hg



Lower Sodium
▼ 5 to 6 mm Hg



Moderation of Alcohol
▼ 4 mm Hg



Adopt the D.A.S.H. Eating Plan
▼ 11 mm Hg

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