MY HEART, my RESPONSIBILITY

Today, I will:

- TAKE my blood pressure medication(s) as prescribed.
- CHECK my blood pressure at the local pharmacy or with my at-home monitor.
- TALK to my pharmacist or doctor if I have questions about my blood pressure or medication(s).
- ENGAGE in at least 2 hours and 30 minutes of exercise each week.
- EAT a diet low in salt. Include plenty of whole grains, low-fat dairy, and at least five servings of fruits and vegetables a day.

www.med.nyu.edu/asian-health/research/reachfar

The Million Hearts® word and logo marks, and the Be One in a Million Hearts® slogan and logo marks and associated trade dress are owned by the U.S. Department of Health and Human Services (HHS). Use of these marks does not imply endorsement by HHS. Use of the Marks also does not necessarily imply that the materials have been reviewed or approved by HHS.

Supported in part by the Centers for Disease Control and Prevention under award numbers U58DP005621 and U48DP005008. The content is solely the responsibility of the authors and does not necessarily represent the official views of the Centers for Disease Control and Prevention.