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JODI, heart attack and stroke survivor.

YOUR **NUMBERS** COULD CHANGE YOUR LIFE.

Lowering your high blood pressure could save you from a heart attack or stroke.
If you've stopped your treatment plan, restart it or talk to your doctor about creating one that works better for you.

Start taking the right steps at [ManageYourBP.org](https://www.ManageYourBP.org)

