

# Hello.....



## This is your plan to stay well.

You have **hypertension (high blood pressure)**...now what ?

Visit [www.NHS.uk](http://www.NHS.uk) and search for 'high blood pressure' to learn more.

### Did you know

1 in 4 people have high blood pressure, but many people do not know, because it rarely has symptoms. But if untreated, it increases your risk of serious problems such as heart attacks and strokes.

There's an excellent service in Walsall that can lower your blood pressure by helping you with your diet, exercise, or quit smoking.

This will reduce your risk of heart attacks and strokes. Plus you will feel better 😊

## **ONE YOU WALSALL**

Tel: 01922 444044 (Mon - Fri 9am - 6pm)

Website: [www.oneyouwalsall.com](http://www.oneyouwalsall.com)



# What next ?

Different people have different targets for their blood pressure.

Your blood pressure target is \_\_\_\_\_

## Did you know

If you measure blood pressure over your clothes (meaning it's not on bare skin), it can add 50 to the reading you get! Please read how to measure it correctly.

Blood test and urine test.

ECG.

Your 'QRISK'

Medication

Online access.

Eye check with your optician.

Every year you will need a blood test. Bring your blood pressure readings for the week before the blood test, and we will review all the results.