BLOOD PRESSURE SCREENING

August 21st, 2019
• 1:00pm - 4:00 pm: next to main hospital elevators

Learn about the AHA Check, Change, Control® Program ... goal setting and monitoring of Bp by using online tracking

High Blood Pressure Facts
If you have high blood pressure, you are not alone. Having high blood pressure puts you at risk for heart disease and stroke, which are leading causes of death in the United States. About 86 million American adults have high blood pressure - that's 1 in every 3 adults. Only about half of people with high blood pressure have their condition under control.

The new blood pressure guidelines released late last year lower the definition of Stage I high blood pressure to 130-139 or 80-89, potentially putting more individuals at risk - all the more reason to get your blood pressure checked sooner rather than later! Source: American Heart Association.

You may be someone who …
- Doesn’t know they have high blood pressure …
- Is a member of a high risk group …
- Has a family history …
- Has too much salt in their diet …
- Is more prone to stroke or heart attack …

Find out if you are at risk for high blood pressure. Stop by the main hospital elevators and have one of the Hospital’s Friends of WPH Volunteer Nurses provide you with a quick, confidential blood pressure reading. It’s best to know your numbers!

All staff who complete two preventative screening programs (for example, Blood Pressure and one other) can earn a cash Wellness Innovation Reward!

Questions? Contact Frank J. LoCastro at flocastro1@wphospital.org or at extension 2539.