

**FREE BLOOD PRESSURE
CHECKS WITH NO
APPOINTMENT NEEDED**
NOW AT YOUR LOCAL PHARMACY
FOR THOSE ABOVE 40 YEARS OLD



WHAT TO EXPECT?

- 10-15 MINUTES IN THE PHARMACY CONSULTATION ROOM WITH TRAINED PROFESSIONAL
- PROVIDED WITH A BLOOD PRESSURE MONITOR TO TAKE HOME
- DEPENDING ON YOUR BLOOD PRESSURE READING YOU WILL BE REFERRED TO A GP



**REDUCE YOUR RISK OF
HEART AND CIRCULATORY
DISEASES**

WHY CHECK YOUR BP?

- HIGH BLOOD PRESSURE INCREASES RISK OF HEART ATTACK, STROKE AND CARDIOVASCULAR DISEASES
- 1/9 ADULTS IN THE UK HAVE HIGH BLOOD PRESSURE WITHOUT KNOWING
- HIGH BLOOD PRESSURE IS ESTIMATED TO CAUSE OVER 50% OF HEART ATTACKS AND STROKES



FOR MORE INFORMATION VISIT

www.bloodpressureuk.org/
www.nhs.uk/
www.bhf.org.uk/
PRACTICE WEBSITE