



**MAY
MEASURE
MONTH**

For further information:
MayMeasure.org



THANK YOU FOR BEING PART OF MAY MEASUREMENT MONTH

BASED ON YOUR RESULT, WE RECOMMEND THAT YOU:

Your blood pressure today was:

RESULTS

DATE

- Start making lifestyle changes and see a doctor as soon as possible.

- Start making lifestyle changes and check your blood pressure again within a couple of months.

- Maintain your healthy lifestyle and continue to have regular blood pressure checks.

#TheBigSqueeze

May Measurement Month is a global blood pressure (BP) awareness charity with the aim of highlighting the importance of measuring BP and to raise awareness of the dangers posed by elevated BP and hypertension. Registered charity number: 1196683