

MY HEART, *my* RESPONSIBILITY

Today, I will:



TAKE my blood pressure medication(s) as prescribed.



CHECK my blood pressure at the local pharmacy or with my at-home monitor.



TALK to my pharmacist or doctor if I have questions about my blood pressure or medication(s).



ENGAGE in at least 2 hours and 30 minutes of exercise each week.



EAT a diet low in salt. Include plenty of whole grains, low-fat dairy, and at least five servings of fruits and vegetables a day.



www.med.nyu.edu/asian-health/research/reachfar

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