

*You Can
Control Your
High Blood Pressure
Take these actions:*

- ♥ Partner with your doctor to come up with a plan that is right for you.
- ♥ Schedule regular doctor visits.
- ♥ Check and record your blood pressure regularly.
- ♥ Take all of your medications every day.
- ♥ Avoid using tobacco. Call the Michigan Tobacco Quit Line for help - **1-800-Quit-Now.**
- ♥ Eat more vegetables, fruits, whole-grain foods, low-fat dairy, fish, poultry, and nuts.
- ♥ Eat less salt and sodium.
- ♥ Maintain a healthy weight.
- ♥ Limit alcohol consumption.
- ♥ Be active every day. Walking counts!
- ♥ Get enough sleep.
- ♥ Manage stress.