

English Radio 30-Second PSA Expires November 9, 2022

(upbeat music)

Nearly one in two US adults have high blood pressure. That's why it's important to self-monitor your blood pressure in four easy-to-remember steps. It starts with a monitor. Be next to talk to your doctor about your blood pressure numbers. Get down with your blood pressure. Self-monitoring is power. Visit manageyourbp.org.

Brought to you by the Ad Council, the American Heart Association, and the American Medical Association, in partnership with the Office of Minority Health and Health Resources and Services Administration.