

English Radio 60-Second PSA Expires November 9, 2022

(upbeat music)

I get it. Slip it, cuff it, check it twice a day.

I get it. Slip it, cuff it, check it in the morning, and before dinner

I get it. Slip it, cuff it, check it, and share it with my doctor.

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.

Now that I know my blood pressure numbers, I talked with my doctor. We're getting those numbers down.

The next to talk to your doctor about your blood pressure numbers. Get down with your blood pressure. Self-monitoring is power. Learn more at 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.