



International
Society of
Hypertension

MAY
MEASURE
MONTH

MayMeasure.org

THANK YOU FOR BEING PART OF
MAY MEASUREMENT MONTH

YOUR BLOOD PRESSURE TODAY WAS:

RESULTS

DATE

May Measurement Month is an initiative led by
the International Society of Hypertension and
endorsed by the World Hypertension League

#SLEEVESUP 1-31 MAY

BASED ON YOUR RESULT, WE RECOMMEND THAT YOU:

- 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.**

FOR FURTHER INFORMATION: [MayMeasure.org](https://www.maymeasure.org)