Blood Pressure Resources with QR Codes

The resources on each page below will help you to educate your patients, customers, or constituents about various topics related to managing blood pressure. Click the links on the menu below to access the resources of your choice. You can print any page and post them in your office, practice, facility or community organization. Do not post this first page. A link is included for each resource in case accessing a QR code is not possible.

**Helpful Tip:** Each page contains a QR code with instructions for using a cell phone to access the tool. Familiarize yourself with the use of QR codes if the person wanting to access a resource has questions.

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7 Tips for Taking BP at Home


It is important to know how to take your pressure when at home. Scan this QR code to learn seven tips for correctly measuring your blood pressure.

How to Scan a QR Code

1. Open your camera or QR code app.
2. Using the rear facing camera, hold your device so that the QR code appears in the viewfinder in the camera or QR code app.
3. Your device recognizes the QR code and shows a highlighted notification or link.
4. Tap the notification or link to open the resource associated with the QR code.
ABCS of Heart Health

1.5 million Americans suffer heart attacks and strokes every year. Scan this QR code to learn about the ABCS of Heart Health: Aspirin, Blood Pressure, Cholesterol, Smoking.

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African Americans & Blood Pressure

African Americans are at an increased risk of developing high blood pressure. Scan this QR code to learn more.

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BP & Kidney Disease

Blood pressure and kidney disease


High blood pressure is the second most common cause of kidney disease. Scan this QR code to learn more.

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Blood Pressure Fact Sheets

http://bit.ly/3mJ1t1E

Scan this QR code to access free fact sheets regarding blood pressure. (Available in Spanish and English/Disponible en español e inglés)

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High Blood Pressure Calculator Tool

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Scan this QR code for more information about your risk for heart disease or stroke.

http://bit.ly/3Fq3eHD
Learn About High Blood Pressure

Scan this QR code to learn about high blood pressure, what blood pressure numbers mean and what you can do to manage high blood pressure.

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4. Tap the notification or link to open the resource associated with the QR code.
Lower Your Risk for Heart Disease

Scan this QR code to access free resources and information to better manage your blood pressure at home.

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4. Tap the notification or link to open the resource associated with the QR code.

**Make the Most of Your Appointment**

Scan this QR code to help prepare for your next appointment with your health care professional and be more successful at lowering your blood pressure.

http://bit.ly/3mQgT4u

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The DASH Diet

The Dietary Approaches to Stop Hypertension (DASH) is a flexible and balanced eating plan to help have a heart healthy diet. Scan this QR code to explore how to achieve your nutritional goals.

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Anímate a Bajar tu Presión

La presión arterial alta afecta a casi 1 de cada 2 adultos en los Estados Unidos. Chécalo todos los días, habla con tu doctor y sigue tu ritmo. Monitorea á la ya.


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Instrucciones Para Medir La Presión Arterial

[QR Code]

http://bit.ly/3Fna5l4

Siga este código QR para obtener más información sobre las recomendaciones de presión arterial de la Asociación Americana del Corazón.

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