

Self-Monitored Blood Pressure Program



Reduce your risk of serious health issues by taking your blood pressure regularly and sharing your numbers with your doctor.

You'll Receive

- **FREE** Blood Pressure Monitor
- **FREE** Carrying Case
- Educational Materials
- Blood Pressure Log

Check, Return, Share & WIN

- Check your blood pressure 3 times a week or more
- Share your blood pressure readings with your doctor



**Carroll County
Health Department**



Public Health
Prevent. Promote. Protect.

No age restriction, everyone is eligible, but must qualify by having two high blood pressure readings or one high reading with a doctor's note at a participating location. Contact the Bureau of Aging & Disabilities at 410-386-3800 for more information. Quantities are limited.