## DO YOU HAVE HIGH BLOOD PRESSURE?

High blood pressure can cause heart disease, stroke, kidney disease, blindness, and even lead to death.

## If you have high blood pressure:

- Make sure you follow up with your doctor to develop a treatment plan.
- If your doctor prescribes medication, take it according to your doctor's instructions.
- Work on lifestyle changes.

Provided by Integrity Consulting Group
104 Interchange Plaza, Suite 202
Monroe Township, New Jersey 08831
(888) 737-4313 / customerservice@integritycg.com

