



# Keep Your Blood Pressure in Check!

**It's important to know your blood pressure. Ask your health care provider to check it during your next visit, check it at home or at a pharmacy.**



Many pharmacies offer free blood pressure checks. Visit **[nyc.gov/health/map](https://nyc.gov/health/map)** to find a participating pharmacy near you. You can also call **311** to request a map of blood pressure kiosk locations.



Ask your provider if a home blood pressure monitor is right for you.



Keep a record of your numbers. To download a Blood Pressure Tracking Card, call **311** or visit **[nyc.gov/health](https://nyc.gov/health)** and search for **high blood pressure**.