

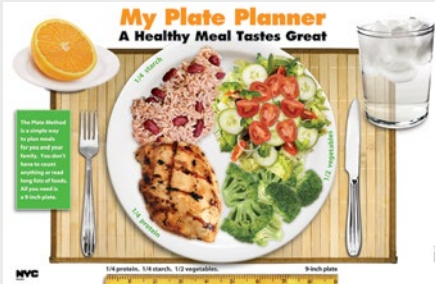
# How to Order Hypertension Provider and Patient Materials

Call 866-692-3641

## Provider Resources

### Adult Plate Planner

English, Spanish



### Blood Pressure Tracking Card

English, Spanish, French, Bengali, Chinese, Russian

### My Medication List

English, Spanish, French, Bengali, Chinese, Russian



### My Medication List (Wallet Size)

English, Spanish, French, Bengali, Chinese, Russian



### Prescription for Healthy Eating and Active Living

English, Spanish



## Patient Education

### How to Take Your Blood Pressure Fact Sheet

English, Spanish, French, Bengali, Chinese, Russian



### Medication Adherence: Myths and Facts Fact Sheet

English, Spanish, French, Bengali, Chinese, Russian



### Questions to Ask Your Health Care Provider or Pharmacist About Your Medicine Card

English, Spanish, French, Bengali, Chinese, Russian

### Using Food Labels to Eat Less Sodium Fact Sheet

English, Spanish, French, Bengali, Chinese, Russian



### Guide to Healthy Eating and Active Living in NYC

English, Spanish, Russian, Chinese



### Health Bulletin #111: Cut the Salt

English, Spanish, French, Bengali, Chinese, Russian



### Health Bulletin #106: High Blood Pressure

English, Spanish, French, Bengali, Chinese, Russian



Visit [nyc.gov/health](https://nyc.gov/health) and search for **high blood pressure** to view these materials and additional resources.