### 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

- **Prescription for Healthy Eating and Active Living**
  - English, Spanish

- **How to Take Your Blood Pressure 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

### 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

- **Using Food Labels to Eat Less Sodium Fact Sheet**
  - English, Spanish, French, Bengali, Chinese, Russian

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