

Confidential Recordkeeping

We will ask that you fill out a brief assessment form for our records and will give you a free wallet sized card to help you keep track of your BP. Your name, address and phone number will be kept strictly confidential.

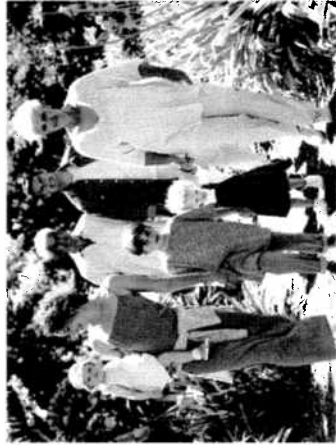
WHAT IS NOT IF SOMETHING IS WRONG?

Our medically trained staff follow guidelines developed by the Canadian Coalition for High Blood Pressure Prevention and Control. You will be informed of your blood pressure measurement and be given a recommendation of what actions, if any, you should take (for example, have your BP checked again in one year, or that you should see your family doctor).



Follow a Healthy Lifestyle!

- Maintain a healthy body weight
- Stop smoking
- Reduce dietary sodium (salt) intake
- Limit alcohol intake to no more than 2 drinks per day
- Follow *Canada's Food Guide to Healthy Eating*
- Be physically active



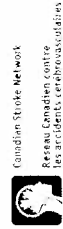
For more information on high blood pressure and heart healthy lifestyles, please visit:
www.heartandstroke.ca/bloodpressure

For more information on the Extinguish High Blood Pressure program please visit:
www.extinguish.ca

Find out how you can have a firefighter check your BP for free



Bristol-Myers Squibb Canada



EXTINGUISH HIGH BLOOD PRESSURE



**Find out how
you can have a
firefighter check your
Blood Pressure**