

# THE

# PRESSURE'S



# ON!



## GET IN THE GAME & KEEP YOUR NUMBERS IN CHECK.

Join the Maryland Healthy Men Project to help lower your blood pressure.

**Every man who registers gets a free blood pressure monitor for home. Earn prizes for each step you take to bring your pressure down.**

- **Take a grocery store tour to learn how to shop on a budget and read labels** – Get a \$25 gift card to the store
- **Make a heart healthy meal at a cooking class** – Bring home a healthy meal for 4 that you have made
- **Learn how to cut down on the salt in your food** – Bring home a gift bag of salt-free spices, utensils and healthy snacks
- **Call and keep 1 doctor appointment** – Get a \$25 gift card and bus tokens for your trip to the doctor
- **Talk to a smoking cessation counselor about quitting smoking** – Get free nicotine patch and gum to help you get started
- **Get active** – Get a free membership to the local YMCA

## PRESSURE POINTS

1. Get your pressure taken often & know your numbers
2. Go to a doctor or clinic if your pressure is high
3. Take your medicine like your doctor tells you
4. Take the salt shaker off your table
5. Stop smoking



UNIVERSITY of MARYLAND  
MEDICAL CENTER

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## TAKE THE FIRST STEP TODAY!

Call **1-800-492-5538** or email [healthypressure@umm.edu](mailto:healthypressure@umm.edu).