QCP
QUALITY CARE PARTNERS

• Get regular • health screenings

BLOOD PRESSURE CARE MATTERS

Did You Know? High blood pressure often has no symptoms. Regular checkups help lower your risk of heart attack, stroke, kidney disease, and other serious complications.

Why Regular Checkups Matter

- Monitor blood pressure trends
- Review medications and side effects
- Reduce risk of heart attack and stroke
- Check kidney and heart health
- Support healthy eating and exercise goals
- Identify problems before complications occur



Questions to Ask Your Doctor

- What is my blood pressure goal?
- Is my blood pressure well controlled?
- Are my medications working as expected?
- What lifestyle changes would help most?
- How often should I check my blood pressure at home?
- Am I at risk for heart or kidney disease?

Schedule your next checkup today!

Supporting members on their journey toward better heart health.