



Want to Learn How to Get Your Blood Pressure Under Control?

Watch this NEW Video Series for Hypertension Management Tips and Techniques to Make Control Your Goal

A **new** video series from Quality Insights features three short, easy-to-understand videos that will show you how to better manage your hypertension.

- **Small Steps to Big Improvements:** Walks you through small steps you can take to make a meaningful change in their blood pressure (<https://youtu.be/F1o72zlixQo>)
- **Ready, Set, Go: A Roadtrip Through Hypertension:** Discusses blood pressure readings and their meaning in an engaging stoplight format (https://youtu.be/RNWVkiB3_r8)
- **Take High Blood Pressure Into Your Own Hands:** Describes proper technique for self-management of blood pressure (<https://youtu.be/hzVvUD0fnHg>)



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