

Over 40? You need to know your blood pressure



Around 1 in 4 adults in the UK have high blood pressure, but many don't know it. It can increase your risk of having a heart attack or stroke.

Knowing what your blood pressure numbers mean could save your life.

To find out how to get checked and manage your risk, visit [nhs.uk/bloodpressure](https://www.nhs.uk/bloodpressure)

Your
health
matters

Help us
help you