

a healthy community is why.



American Heart Association.

Check. Change. Control.®

Sign up your company, organization, or just yourself for this free four-month program to address hypertension.

JOIN THE CHECK IT! CHALLENGE **FEBRUARY 1, 2022 - MAY 31, 2022**

Commit to **Check** your blood pressure at least twice a month,
Change to healthier habits, and **Control** your blood pressure!

The American Heart Association (AHA) and its allies in health are encouraging individuals, community organizations, and employers to focus on improving blood pressure in the Check It! Challenge.

The Check It! Challenge is based on Check. Change. Control., an evidence-based hypertension management program empowering participants to take ownership of their health using blood pressure self-monitoring. The program incorporates the concepts of remote monitoring and tracking as key features to hypertension management. Sign up at www.heart.org/checkitchallenge.



FEBRUARY

American Heart Month &
National Wear Red Day

Health Topic:
Control Your
Blood Pressure



MARCH

National Nutrition
Month

Health Topic:
Eat Smart
& Reduce Sodium



APRIL

National Physical
Fitness & Sports Month

Health Topic:
Move More



MAY

American Stroke
& National HBP
Education Month

Health Topic:
Mental Health &
Well-Being

#CheckIt and tell us what you are doing to lower your blood pressure!

  
@AHANewYork

Thank you to our local sponsors:

