



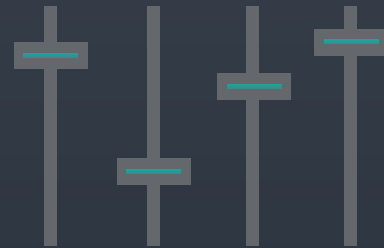
- VOLUME +

# KEEP IT DOWN!

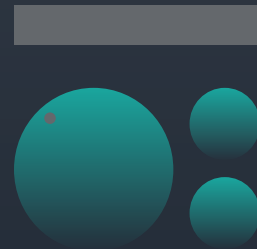
Lowering your blood pressure could save your life.

# 1 OF 3

adults have high blood pressure



Nearly **1,000** deaths a day in the U.S.



**7 OUT OF 10** people having their first heart attack have high blood pressure

Costs the U.S.

# \$46 BILLION

in health services, medication and lost days of work

For additional resources or to find a doctor in your area, log in to your health plan's website.



[www.tccba.com](http://www.tccba.com)

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