Are you one of the 5.5 million adults in the UK who has high blood pressure without knowing it?

Having your blood pressure checked could be a life saver

High blood pressure – also known as hypertension – rarely causes symptoms and if left untreated, increases your risk of heart attack, stroke, or other cardiovascular disease.

If you are eligible, FREE blood pressure checks are available here

High blood pressure can be caused by several different factors that make your heart work harder to pump blood around your body. If your blood pressure is too high for too long, it can cause damage.

Left untreated, high blood pressure narrows and hardens your arteries making it easier for them to get clogged up with fatty material, resulting in cardiovascular disease.

The British Heart Foundation estimates that high blood pressure causes over 50% of heart attacks and strokes. Hypertension can be controlled with medication and lifestyle changes.

If you are eligible, have your blood pressure checked here today

A blood pressure check only takes 10-15 minutes

Eligibility:

- ✓ Aged 40 years or older with no previous diagnosis of high blood pressure
- ✓ Aged 40 years or younger if you have a family history of high blood pressure
- ✓ Your GP referred you to a pharmacy

Speak to your pharmacy team about FREE blood pressure checks today

Following your blood pressure check, our pharmacy team will explain any further steps. You may be asked to take home a blood pressure monitor that measures your blood pressure as you go about your daily life. You may be referred to your GP.

Steps to take:

1. Speak to our pharmacy team today

2. Have your blood pressure checked in a private consultation room

3. Receive your results immediately

4. Discuss your results with our team

5. Get peace of mind from knowing your numbers

Key benefits:

* Proactive * Accessible * Confidential * Free * Reassuring

Further info: [NHS England » Free blood pressure checks available in this pharmacy](#)