

1 IN 4 NEW YORKERS HAS HIGH BLOOD PRESSURE (HYPERTENSION). IF UNTREATED, IT CAN LEAD TO HEART DISEASE OR STROKE.

LOWER YOUR RISK FOR HEART DISEASE:

- Know your numbers. There are usually no symptoms. Check your blood pressure regularly at your pharmacy or doctor's office.
- **Cut the salt**. Foods high in sodium can raise blood pressure. Limit processed or restaurant foods.
- Don't smoke. Smoking raises blood pressure and damages the heart.
- Get moving. Physical activity is good for your heart!



WorkWell NYC is here to help! Visit **nyc.gov/workwellnyc** for resources and programs to help keep your heart healthy.