



### ECHOVILLE I.D.

PICTURE

NAME

DOB

SYSTOLIC  mmHg

DIASTOLIC  mmHg

PULSE  bpm

Make it a habit to check your blood pressure at least once a year!

Issued:

SIGNATURE



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**Blood Pressure Awareness Card (BPAC)**

Knowing your blood pressure reading is a...

**superpower**



- ♥ Measure your blood pressure
- ♥ Fill in your BPAC with your numbers
- ♥ Show your BPAC to your healthcare provider



Scan to visit Echoville!

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