

High blood pressure? Medicine can help you take control.

When your blood pressure is too high, it can hurt your body — including your heart, brain, kidneys, eyes, and nerves. But you have the power to protect your health.

Taking medicine is taking action.

Here's why. Blood pressure medicine is ...



Effective.

It's one of the best ways to lower blood pressure.



Safe.

Blood pressure medicines are well-tested and widely used. And most people don't feel side effects at lower doses.



Simple.

A single pill that contains 1 to 3 medicines is usually all you'll need.



A healthy choice.

And one that works together with other healthy choices, like eating well and staying active.



Low cost.

It's often covered by insurance or through discount programs. Most people can find an option that works with their budget.

Talk to your doctor or care team today about what a healthy blood pressure is for you, and using medicine as part of your plan.

AMA MAP™
Hypertension