

# MAKE YOUR BLOOD PRESSURE A PRIORITY!



**Consider these steps to ensure a healthy life for you and your baby!**

- **Talk to your doctor about current or prior health problems.**
- **Provide your doctor with a list of any medications you are taking.**
- **Get prenatal care early.**
- **Attend prenatal check-ups regularly.**
- **Keep track of your blood pressure at home before, during and after pregnancy (provide record to your doctor).**
- **Eat meat, fruits and vegetables.**

For more information about high blood pressure, scan the QR code or talk with a health care provider.

