

With Just a **Click**,
Determine Your
RISK!



www.heart.org/missouriproject

Risks of Uncontrolled High Blood Pressure



Did you know if you have uncontrolled high blood pressure, then you are at risk for:

- **heart attack**
- **stroke**
- **heart failure**
- and **kidney disease?**

The Heart Disease and Stroke Prevention Program, in partnership with the American Heart Association, is offering a free online risk calculator.

The calculator uses your height, weight, blood pressure and other factors to determine your risk of heart attack, stroke, heart failure and kidney disease.

The risk calculator also estimates how lifestyle changes can lower blood pressure and other health risks.

The risk assessment only takes a few minutes. To find out your risk today, go to:

www.heart.org/missouriproject

With just a click, you can determine your risk!