

B	I	N	G	O
Stroke	140/8	Call 911	Medication	Heart Attack
Blood Pressure	Smoking & tobacco us	Hypertensive Crisis	20/80	Limiting salt intake
Silent Killer	Systolic Pressure	FREE	Age	Family History
Feet flat on the floor	Palm up	Heart	Eat Healthy	Hypertension
Diastolic Pressure	American Heart Association	Lack of physical activity	Twice a day	Blood Vessels

B	I	N	G	O
Systolic Pressure	20/80	Medication	Blood Pressure	Hypertensive Crisis
Call 911	Twice a day	Heart Attack	American Heart Association	Limiting salt intake
Feet flat on the floor	Age	FREE	Family History	140/8
Eat Healthy	Lack of physical activity	Stroke	Blood Vessels	Palm up
Heart	Hypertension	Silent Killer	Smoking & tobacco us	Diastolic Pressure

B	I	N	G	O
American Heart Association	Lack of physical activity	20/80	Hypertension	Age
Stroke	Feet flat on the floor	Heart	Smoking & tobacco us	Heart Attack
Silent Killer	Blood Vessels	FREE	Palm up	Eat Healthy
Systolic Pressure	Limiting salt intake	Medication	Twice a day	Call 911
Family History	140/8	Hypertensive Crisis	Blood Pressure	Diastolic Pressure