

B	I	N	G	O
Stress	911	Eating	Memory	High cholesterol
Dizziness	Sodium	Kidney disease	Alcohol	Medication
Schedule/Alarms	Stroke	FREE	DASH Diet	Headache
Heart failure	Obesity	High Blood Pressure	Family history	Hypertensive crisis
Exercise	Diabetes	Meal Preparation	Vision	Doctor Appointments

B	I	N	G	O
Stroke	Alcohol	Memory	Dizziness	Kidney disease
Eating	Vision	High cholesterol	Diabetes	Medication
Heart failure	DASH Diet	FREE	Headache	911
Family history	Meal Preparation	Stress	Doctor Appointments	Obesity
High Blood Pressure	Hypertensive crisis	Schedule/Alarms	Sodium	Exercise

B	I	N	G	O
Diabetes	Meal Preparation	Alcohol	Hypertensive crisis	DASH Diet
Stress	Heart failure	High Blood Pressure	Sodium	High cholesterol
Schedule/Alarms	Doctor Appointments	FREE	Obesity	Family history
Stroke	Medication	Memory	Vision	Eating
Headache	911	Kidney disease	Dizziness	Exercise