

CardioCare

MANAGING YOUR HIGH BLOOD PRESSURE

If you or someone you love has been recently diagnosed or is currently living with high blood pressure, call Red Cross Pharmacy today to learn more about CardioCare. CardioCare is a high blood pressure education and monitoring program.

Over the course of the 4 visits you will receive:

- Education on various topics related to high blood pressure including:
 - The basics of blood pressure
 - Lifestyle modification through diet
 - Lifestyle modification through exercise
 - Medication adherence
- Blood pressure measurement at each visit by a licensed pharmacist
- Communication between your pharmacist and doctor about your readings
- A home blood pressure monitor to measure blood pressure in between visits



How does CardioCare work?

WHAT

CardioCare is a blood pressure monitoring and education program that covers every aspect of living a healthy life with high blood pressure.

WHO

CardioCare is designed for people diagnosed with high blood or people that have borderline high blood pressure that want to control their blood pressure with medication, healthy lifestyle modification, and communication between patient, pharmacists, and physician.

WHY

Research has shown that blood pressure measured by a pharmacist can help lower your blood pressure readings. Education and communication with your primary care physician can help to minimize visits to the doctor's office and help your doctor and pharmacist assist you in maintaining blood pressure at the level that is most appropriate for you. Maintaining healthy blood pressure can prevent many serious complications such as heart attack, stroke, and kidney failure.

We look forward to hearing from you, and helping you to get on the road to living a healthy life with high blood pressure.

Additional CareCard Benefits:

- EliteCare
- RxCare
- WellCare
- WebCare
- ImmuneCare
- DiabetesCare
- KidCare
- HMECare
- CustomCare
- MTMCare



Learn more about these benefits and more at www.redcrosspharmacy.com

