

# FIVE MORE YEARS TO LIVE

Stress is only one of the causes of high blood pressure. During April, **Stress Awareness Month** we want you know that life expectancy is **5 years longer** for people with normal blood pressure than for those with high blood pressure.

Throughout March and April, we're letting people know they could live 5 years longer with a healthy blood pressure level. We also want people to know they can assess their risks related to high blood pressure by taking a online risk assessment at [www.heart.org/hbprisk](http://www.heart.org/hbprisk).

Please help spread the word by sharing what you would do with your 5 years by encouraging your friends to check their risk at [www.heart.org/hbprisk](http://www.heart.org/hbprisk).

What would you do with 5 more years to live? Let us know!

