

Could you have high blood pressure?

Nearly half of adults in the United States have high blood pressure, a leading cause of heart disease and stroke. Early identification and management are key to maintaining heart health.

Do you consume a lot of salty foods?

Yes (2 points)

No (0 points)

Do you exercise regularly?

Yes (0 points)

No (2 points)

Do you have a family history of high blood pressure?

Yes (2 points)

No (0 points)

Do you experience headaches or dizziness?

Yes (2 points)

No (0 points)

Do you maintain a healthy weight?

Yes (0 points)

No (2 points)

Do you frequently feel stressed or anxious?

Yes (2 points)

No (0 points)

Do you drink alcohol frequently?

Yes (2 points)

No (0 points)

Do you have high cholesterol?

Yes (2 points)

No (0 points)

Scoring:

0-4 points: Low risk

5-9 points: Moderate risk

10-18 points: High risk



Print your results
to share with
your doctor

Total