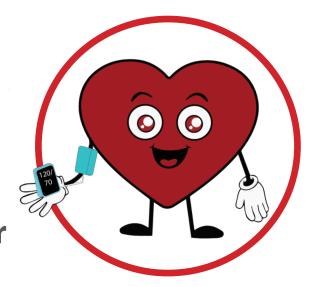
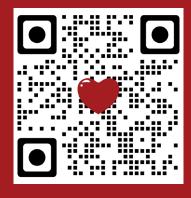


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- 1. Check your blood pressure
- 2. Submit your numbers
- 3. Learn what they mean
- 4. Follow-up with your doctor



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