



Dear Parent:

What can you do to maintain a healthy blood pressure?

- Get your blood pressure checked regularly.
- Eat a healthy diet.
- Maintain a healthy weight.
- Be physically active.
- Limit alcohol use.
- Don't smoke.
- Prevent or treat diabetes.

<https://www.cdc.gov/bloodpressure/faqs.htm>



Your participation in this blood pressure study is important! Thank you for your participation!

Your **last** appointment will be in about 3 months – we hope to see you then! Feel free to call or text us anytime at 203-500-9620 (cell), 203-737-3843 (office), or 844-288-2344 (toll-free) or email us at intergen.study@yale.edu.

Sincerely,
InterGEN Study at Yale
203-500-9620 (cell)
203-737-3843 (office)
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