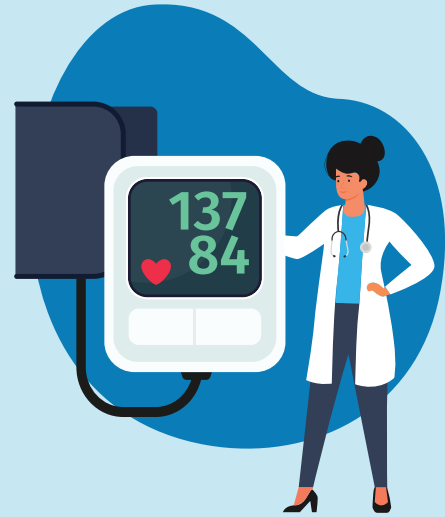


An important message from CenCal Health.

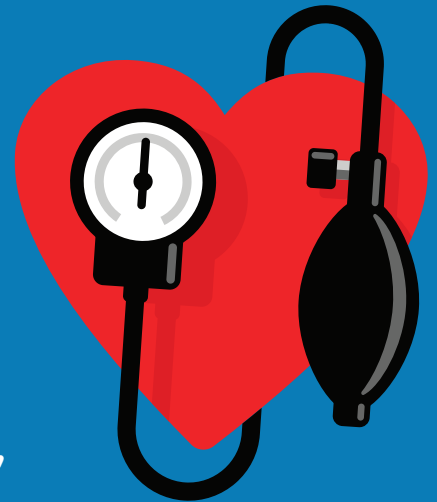


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It might be time for a blood pressure checkup!

Make an appointment with your doctor to talk about your blood pressure. If you have high blood pressure, it is important to regularly check your blood pressure to make sure it stays in control.

High blood pressure increases your risk for heart disease, stroke, and kidney problems.



Did you know?

You can get a **FREE** blood pressure monitor every five years and a cuff every year!

1. Ask your doctor to write a prescription for a home blood pressure monitor and/or cuff.
2. Take the prescription and your CenCal Health member ID card to your pharmacy.

If you have questions about a free monitor and/or cuff, please contact Medi-Cal Rx for details at (800) 977-2273.



