

Checklist for National Day of Action

The 2015 *Measure Up/Pressure Down*[®] *National Day of Action: Roll Up Your Sleeves!* is designed to bolster your existing blood pressure control efforts; not add to your to-do list.

Here's a handy checklist for how your organization can get involved! Keep reading the National Day of Action Toolkit for more information.

- Select one action** for the National Day of Action with the help of your quality team, marketing department, and health education team. Supporters can take on multiple actions, if interested. We've already brainstormed a number of actions, organized by anticipated level of effort (see page 6).
- Share your National Day of Action plans** with Measure Up/Pressure Down[®] **by May 1** so that we can publicize your participation as part of our national effort and increase your visibility. See page 7 of this toolkit for more details, including contact information.
- Hold or participate in your selected action(s) on May 7.** Remember, your participation can help millions of Americans with or at-risk of the disease.
- Send us your results** with accompanying photos, links, and more **by June 1.** A full description of what we're looking for and contact information is available on page 7 of this toolkit.