HWE ICS Hertfordshire and West Essex Integrated Care System

NHS

Invincible feeling

Invisible danger

Take a sec to check

You may feel healthy and strong,
but **high blood pressure has no symptoms.**
If left untreated, it can cause a heart attack or stroke.

Find a pharmacy for a free blood pressure check.
hertsandwestessex.ics.nhs.uk/bp
or **scan the QR code.**