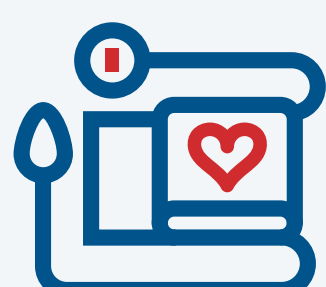


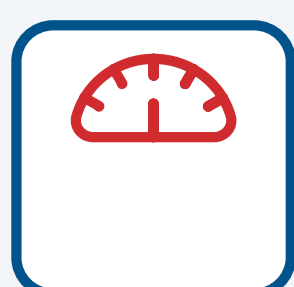
Let's prevent stroke, together.

Stroke is a medical emergency and time counts. Call 911 immediately if you or someone you're with are exhibiting symptoms, such as blurred vision, facial drooping, one-sided body weakness, problems speaking or being understood and/or a sudden and severe headache.

Stroke prevention tips:



Monitor and lower blood pressure



Maintain a healthy weight



Take steps to manage stress



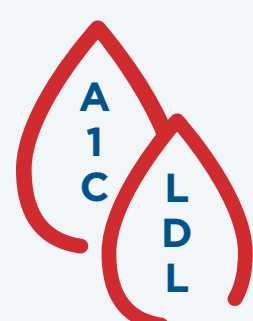
Don't smoke, but if you do, consider quitting*



Exercise regularly



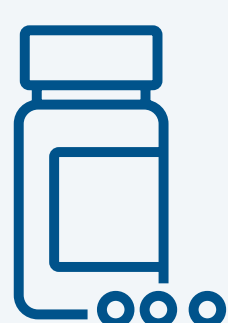
If you have been diagnosed with atrial fibrillation, be sure it is managed



Know your cholesterol and blood sugar levels



Eat well



Take medication as prescribed by your doctor

Building a relationship with a Primary Care Physician (PCP) is one of the best ways to maintain good health, manage chronic health conditions and monitor and address risk factors for conditions such as stroke and heart disease. To be connected with an RWJBarnabas Health PCP, visit rwjbh.org/medicalgroup or call **888-724-7123**.

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Let's be healthy together.

* Visit rwjbh.org/nicotinerecovery for quit resources available through RWJBarnabas Health.