



American Heart Association®

Check. Change. Control.®

# Check. Change. Control.® Tracker **QUICK START GUIDE**



Managing your blood pressure can be easy thanks to the American Heart Association's **Check. Change. Control.® Tracker**. Setting up an account is easy and gives you access to AHA resources for healthy living.

## **Signing up is as easy as 1, 2, 3**

- 1** **SIGN UP!** Go to [heart.org/ccs](https://heart.org/ccs) click, Create an account. You'll need a campaign code, use:
- 2** **LOG WEEKLY READINGS!** Take your blood pressure weekly and enter readings into your Tracker account. The site allows you to set up text message reminders to take your blood pressure; you can also text back your readings so they will be added to your Tracker account automatically.
- 3** **ADDITIONAL FEATURES** You can connect with a health care provider or volunteer to share your blood pressure readings. You can also receive messages from providers or volunteers by text, email or in-platform to keep you motivated and on track.



#CheckIt @AHANewYork



#CheckIt @HeartCNY

**[heart.org/syracuse](https://heart.org/syracuse)**