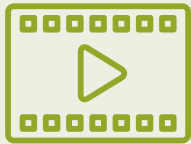


Ultimate Blood Pressure Management Tips



Watch the SMBP intro videos

Follow the instructions on downloading the Healow and Omron apps on your phone



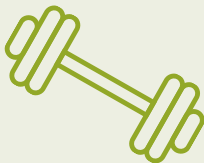
Read 7 steps to a healthier heart

Get a list of the online teaching tools and resources you need and familiarize yourself before starting.



Make a meal plan

Use the meal prep resource to help budget and plan what foods you will eat ahead of time.



Create an exercise plan

Physical activity can be difficult in an already busy life. Use our worksheet to help track your goals.



Get in touch with staff at Cosmo

We have trained professionals on hand at all times to guide you through this path to normal blood pressure.