

# Blood Pressure

## Check, Change, Control.

High Blood Pressure is very common but not everyone knows their numbers. Okaloosa County's Wellness Committee wants you to be aware of your numbers.

We've placed Blood Pressure cuffs at several locations for employees to use, so check out a kit and check your blood pressure in private.

We've adopted the [American Heart Check, Change, Control program features. They have a great website for more information.](#)

## Check out a Blood Pressure Kit.

### South locations:

- Airport
- County Admin Bldg. BCC office break room
- Courthouse Extension Clerk break room
- Property Appraiser's Office
- Road South
- Water & Sewer Admin.

### North locations:

- Brackin Bldg. BCC office
- Courthouse Clerk break room
- DOC break room
- Facility Maint Admin area
- Road North