San Francisco Health Plan encourages you to get your blood pressure checked regularly to help you and your doctor know if you are at risk for a heart attack or stroke. If you get your blood pressure checked by the end of this year, you can receive a $25 Walgreens gift card!

Have you gotten your flu shot? The flu can make people with your condition very sick. Protect yourself and others by getting the flu shot. For more information, ask your provider or call Customer Service at 1(800) 288-5555.

To Claim Your Gift:

1. **Make an appointment** with your provider or at your assigned clinic.
2. **Bring this sheet** with you to your appointment and have your provider or medical assistant sign off that you received your blood pressure check.
3. **Write down** how you will improve or maintain your current blood pressure level.
4. **Mail this page** with the signatures and results to San Francisco Health Plan, P.O. Box 194247, San Francisco, CA 94119, or have your clinic fax it to 1(415) 615-4547 as soon as possible after your appointment.

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