



## Social Media Posts

Post Content	Suggested Image
<p>Men, is your body running on overdrive? If so, it may be time for a checkup. Heart disease is the leading cause of death for men in the U.S., and one risk factor is high blood pressure. Know your numbers, especially if you have any heart disease risk factors.</p> <p><a href="https://www.cdc.gov/bloodpressure/">https://www.cdc.gov/bloodpressure/</a>  <a href="https://www.floridablue.com/menshealth">https://www.floridablue.com/menshealth</a></p>	 <p><a href="#">Download social media graphics here</a></p>
<p>Men, is it time for a tune-up? Heart disease can be silent – meaning you could have it and show no symptoms. Black and Latino men tend to have higher rates of heart disease than white men. Catching problems early is important and checking your blood pressure is a good place to start. Learn more about men and heart disease and know your numbers.</p> <p><a href="https://www.cdc.gov/heartdisease/men.htm">https://www.cdc.gov/heartdisease/men.htm</a>  <a href="https://www.floridablue.com/menshealth">https://www.floridablue.com/menshealth</a></p>	 <p><a href="#">Download social media graphics here</a></p>