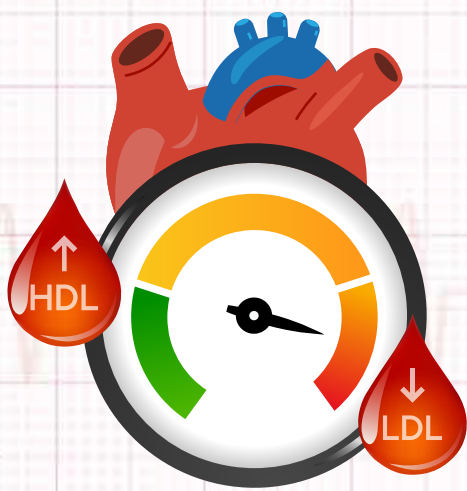




High blood pressure
is called the
SILENT KILLER
for a reason.

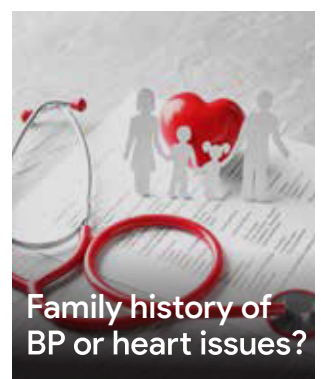
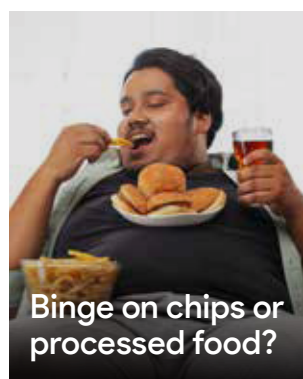
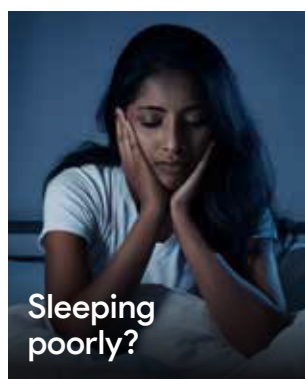


Wrong.
High BP often has
ZERO signs.

That’s why it’s called the silent killer.

Time for a quick self-check

aka The BP Pop Quiz! Ask yourself:



If you said YES to 2 or more - **your BP might be on the rise.**

ANYA Says:

“You don’t need fancy gadgets.”

Your daily habits are the first clues!
Just message “BP basics” to take a quick risk
check with me!



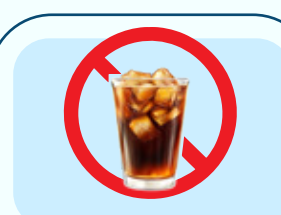
Power Moves To Keep BP In Check:



Salt:
Keep it under
1 tsp/day



Move daily:
Even a 20 min
walk helps



Hydrate well:
Cut back on
soda & caffeine



Sleep better:
It’s a game changer

**Don't wait for a sign...
there might not be one.**

For quick tips, real talk, no fluff,

Just Ask ANYA!

India’s first AI Powered Health Chatbot

Available 24/7

