

# Educate. Motivate. Control Hypertension.



**Americare**  
*Enhancing the Quality of Your Life*

Successfully managing hypertension requires meaningful diet changes, understanding of medications, a better understanding of the disease, and a other lifestyle changes. For your homebound patients, Americare offers a comprehensive lifestyle training program including extensive dietary counseling, an individualized activity and exercise program, medication teaching, and disease education. With one easy referral, your patient can be on the way to better management of hypertension.

**Americare In-Home Nursing**

**Toll Free: 800-296-9002**

*Proudly Serving Virginia, Maryland and Washington D.C. Since 1974*