

## Order while supplies last!

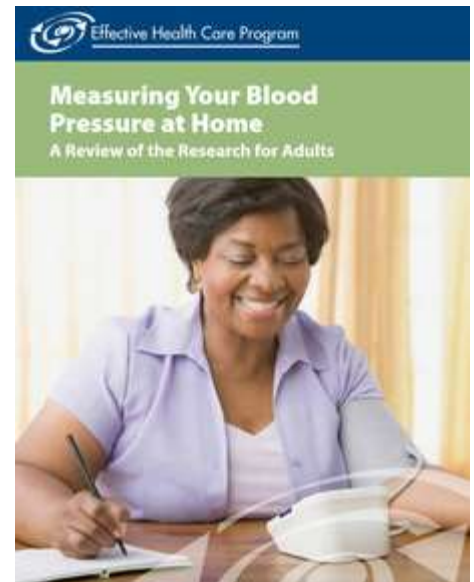
The HHS Agency for Healthcare Research and Quality (AHRQ) is offering several hard copy patient resources free of charge for a limited time. To order the resources below and learn about other resources available, contact the AHRQ Publications Clearinghouse toll-free at 1-800-358-9295 or via email at [AHRQPubs@ahrq.hhs.gov](mailto:AHRQPubs@ahrq.hhs.gov). Please provide the publication number, title, and quantity desired when placing your order. Use reference CODE 44 to receive up to 500 copies of each title, including free shipping.

### Help Your Patients Monitor Their Blood Pressure

The publication [\*Measuring Your Blood Pressure at Home: A Review of the Research for Adults\*](#) will help your patients:

- Understand what it means to have high blood pressure;
- Learn how to monitor their blood pressure at home;
- Select the appropriate type of blood pressure monitor for them; and
- Recognize the importance of regularly testing their blood pressure.

The guide is available in English (A12-EHC002-A) and Spanish (A12-EHC002-B).



### “Questions are the Answer” Patient Kits for the Waiting Room

Help your patients get the most out of their primary care visit with the “Questions are the Answer” patient kits (A1011-0094), which include the *Be More Involved in Your Health Care: Tips for Patients* brochure ([English](#) and [Spanish](#)), *My Questions for This Visit* notepad ([English](#) and [Spanish](#)), and a [waiting room video](#). These resources will encourage patients to identify, ask, and prioritize health questions during their visit.



### Need Help Talking With Your Pregnant Patients About Quitting Smoking?

Use the *You Can Quit Smoking* tool with patients to explain the benefits of quitting to expectant mothers. The tool is available in [English](#) (0809-0091-A) and [Spanish](#) (0809-0091-B). Order up to 500 free pads (50 tear sheets/pad) for a limited time.