How it Works
Gift Membership costs just £20.00 a year and is perfect for birthdays, Christmas or just to help a relative or friend. You choose the start date and all gift recipients get sent a new member ‘Welcome Pack’. This ‘Welcome Pack’ can be sent direct from the BPA or we can send it to you to give to them personally.

BPA Gift Membership is a practical gift that will help the recipient to reduce and manage their own blood pressure, and in a recent survey over 90% of our members said that membership helped them to reduce and manage their own blood pressure.

What They Get…
• A Gift Member ‘Welcome Pack’ containing information on accessing the helpline, the latest issue of Positive Pressure, a copy of The A-Z of blood pressure and a packaged set of BPA leaflets giving them everything they need to know about high blood pressure and how to manage it.
• On-going access to our telephone helpline where, for the price of a local telephone call, our qualified nurse offers a sympathetic ear and practical advice on all aspects of the condition.
• Positive Pressure is our popular membership magazine and is packed with news, lively features and competitions. As a new member they will receive one issue immediately in their ‘Welcome Pack’, and two further issues over the coming year.
• A bi-monthly email newsletter, ePositive Pressure, which brings members topical news and information.

How We Help…
Telephone Helpline
Our qualified nurse offers friendly advice on all aspects of high blood pressure and how to live with it.

Positive Pressure
Our easy to read magazine keeps members up to date on all matters blood pressure and how they affect sufferers.

ePositive Pressure
Bi-monthly email newsletters give members topical news and information.

Information
Our range of leaflets and booklets cover everything members need to know about high blood pressure. All are FREE to members!

A-Z of Blood Pressure
Down-to-earth and comprehensive, our guide to blood pressure covers everything that sufferers need to know.

To buy Gift Membership of the Blood Pressure Association now…
Telephone: (020) 8772 4994,
or visit: www.bpassoc.org.uk
Gift membership costs £20.00 a year and can be ordered online at: www.bpassoc.org.uk, by telephone on: (020) 8772 4994, or by completing the order form below and returning it to: BPA, FREEPOST LON17815, London, SW17 0QS. No stamp is needed in the UK.

Gift Recipient Details
Title:                First Name:  Surname:  Address:

Email Address:

Welcome Pack  
Please send the ‘welcome pack’ directly to the recipient. The BPA will mention your name in the introductory letter.
Please allow twenty eight days from today's date.

Gift Recipient Details
Title:                First Name:  Surname:  Address:

Do You Know Someone With High Blood Pressure?