

Running a health check event

High blood pressure is the single biggest modifiable risk factor for stroke, heart disease, kidney disease and dementia – and it's preventable.

The only way to know you have high blood pressure is to get checked.

Stroke Foundation's [Australia's Biggest Blood Pressure Check](#) (ABBPC) program is the largest of its kind with health checks taking place at community events, local social groups, workplaces and regional areas throughout Australia. On average, 10–20 per cent of participants discover they have high blood pressure and receive a potentially life-saving referral to their doctor.

Why not join in and organise a health check for your pharmacy, workplace or community group.

In 2026, ABBPC will partner with May Measurement Month (MMM) (delivered by Hypertension Australia), with MMM becoming the scientific data partner for ABBPC.

Why run a health check for your workplace, pharmacy or community group?

- › Almost 7 million Australians have high blood pressure and nearly half don't know they have it – high blood pressure often has no symptoms.
- › The higher a person's blood pressure, the greater their risk of stroke, heart disease, kidney disease and dementia.

About the health check

MMM health check is simple – and it could save a life.

The health check includes:

- › A short health questionnaire.
- › A blood pressure check.

- › An interpretation of the results by a qualified health professional who will provide lifestyle advice and/or referral to a doctor for a comprehensive assessment if required. There are no blood or other invasive tests involved.

Do you need to use a health professional?

Yes.

A health professional is trained to conduct the check and provide general health advice based on the results. Individuals identified with high blood pressure, at increased risk of stroke and heart disease should be referred to their doctor for follow up as soon as possible.

A health professional is defined as an individual thoroughly trained in taking blood pressure and interpreting their results as part of their qualifications.

They include:

- › A medical practitioner, registered nurse, pharmacist, or allied health practitioner registered with the Australian Health Practitioner Regulation Agency (AHPRA); or
- › An exercise physiologist with current Exercise and Sports Science Association (ESSA) registration; or
- › A health professional for whom conducting health checks falls within the scope of their professional training and practice, as approved by an appointed Stroke Foundation person on a case by case basis; and

- A health professional with professional indemnity insurance that provides indemnity for health checks and blood pressure checks (e.g. medical malpractice or medical advice cover).

Pre event administration

- [Register](#) your health check activity with MMM who will set you up with a Site ID.
- Alternatively you can utilise the [MMM Self Test](#).
- Order your [resources](#).



- MMM takes place between 1 May – 31 July coinciding with World Hypertension Day on 17 May, so plan an activity during this time.

Health check set up

- Health checks should be conducted in a private or semi-private area such as a small meeting room or a quiet area of a shopping centre.
- Alternatively use a banner or poster display to provide privacy. You will need seats for both the individual and health professional.
- Ideally also have a seat away from the health check section for participants to wait.
- Provide a small table to conduct the blood pressure check.
- Location and time are critical – it could make all the difference to the number of individuals who have a check.

How the health check works

- 1) When the participant arrives, ask them to sit down for five minutes. This allows time to ensure their body is at rest before the blood pressure check.
- 2) The health professional will conduct the questionnaire and blood pressure check. When taking blood pressure readings, ensure that the individual is seated quietly, legs are uncrossed, feet flat on floor and their arm is supported for the duration.
- 3) The health professional will provide the following resources to the participant after the health check:
 - Blood pressure wallet card.
 - High blood pressure and stroke fact sheet.
- 4) The health professional will discuss the results with the participant including any suggested lifestyle changes and if a referral to a doctor is required (the participant should take their results with them to the doctor).

Important notice

These health checks are not a substitute for professional medical advice or a comprehensive statement of the nature and consequences of high blood pressure. If your blood pressure is high or if you have any other concerns, it is important to see your doctor for a full health check. Participants should not disregard professional advice or delay seeking it because of this health assessment or any accompanying information. This disclaimer is included on the information provided to participants.

Contact us

For more information email bpcheck@strokefoundation.org.au

Australia's Biggest Blood Pressure Check

PART OF GLOBAL MAY MEASUREMENT MONTH



IN COLLABORATION WITH

