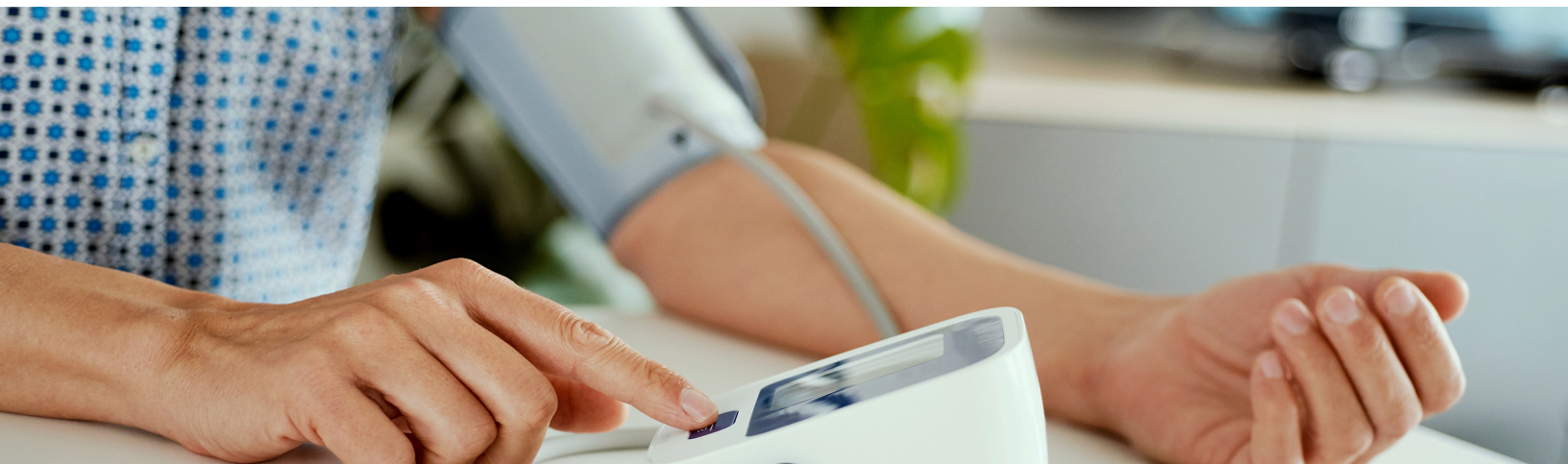


# Healthy Heart Ambassador Blood Pressure Self-Monitoring Program



**HHA-BPSM is a four-month, community-based lifestyle change program** for adults 18 years or older that have been diagnosed with high blood pressure and/or are taking medication to help lower their blood pressure.

This program educates participants on proper blood pressure self-monitoring techniques and how nutrition affects blood pressure levels, encourages tracking and communication with health care providers, and gives participants the support to take control of their heart health.

During the program, participants will:

- Learn the proper way to measure their blood pressure at home.
- Learn how to make heart-healthy food choices.
- Meet with their program facilitator twice a month.
- Measure and track their blood pressure at least twice a month.
- Attend group nutrition education classes once a month.

For more information about the Healthy Heart Ambassador Blood Pressure Self-Monitoring Program, or to locate a program near you, contact: