



Healthy Heart Ambassador Blood Pressure Self-Monitoring Program

This four-month program is for adults 18 or older that have been diagnosed with high blood pressure and/or are taking medication to help lower their blood pressure.

Eligibility Requirements

- ♥ 18 years and older
- ♥ Have a diagnosis of hypertension OR are taking anti-hypertensive medication(s)

Blood pressure monitors and cuffs are available for loan throughout this program as supplies last.

What to expect

- ♥ Measure and record Blood Pressure at home or work (2X a month)
- ♥ One-on-one virtual consultations (2X a month)
- ♥ Group-based virtual nutrition education (1X a month)
- ♥ Weekly Office Hours with Program Facilitator

Many program locations are offered throughout the state.

Click or Scan to find yours

