Healthy Heart Ambassador BLOOD PRESSURE Self-Monitoring Program

- Do you have high blood Pressure (BP) or take medication to control your BP?
- Do you struggle to keep your BP under control?
- Do you worry about the health risks of having high BP?





If you answered YES to the above questions, take advantage of a new *no cost* program that will teach simple yet effective skills to:

- Manage and understand BP.
- Set and achieve health goals.
- Identify and control triggers that can raise BP.
- Adopt healthier eating habits.
- Increase physical activity.

Participants in this program will receive: (at NO COST)

- A BP monitor (if needed) and training on how to measure and track your blood pressure at home.
- Virtual one-on-one support from specially trained facilitators and virtual learning sessions over a four month period.
- Cooking demonstrations and nutritional education that will build your confidence to buy, prepare and cook affordable, delicious heart-healthy meals.
- Long-term support to help you make real changes to stay heart healthy.
- Classes will be held virtually (for now).

Participation Requirements:

- ✓ Delaware resident
- ✓ Over 18 years old
- ✓ High BP diagnosis
- No cardiac events in the previous one year
- Don't have atrial fibrillation or other arrhythmias
- Do not have or at-risk for lymphedema



Contact Us:

Please call **302-208-9097** or email DHSS_DPH_HHA@delaware.gov to enroll or for more information.

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DELAWARE HEALTH AND SOCIAL SERVICES
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Diabetes and Heart Disease Prevention and Control Program