

# 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](mailto:DHSS_DPH_HHA@delaware.gov) to enroll or for more information.

