

A **NO-COST** On-Demand Webinar for Healthcare Professionals & Patients

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A Low Pressure Approach to Controlling High Blood Pressure

Learn about the Delaware Division of Public Health's Healthy Heart Ambassador Blood Pressure Self-Monitoring (HHA-BPSM) Program

The Delaware HHA-BPSM program, a Delaware Division of Public Health initiative, is a new CDC evidence-based, lifestyle intervention program to help people with hypertension learn how to monitor and take control of their high blood pressure using simple yet effective techniques.

HHA-BPSM program participants will receive:

- A BP monitor (if needed) and training on how to measure & track BP at home
- Virtual support from specially trained facilitators & virtual learning sessions
- Cooking demos & nutrition education
- Support to help people with hypertension make real changes for heart health

Expert Presenter and Q&A Panel

- Cindy Biederman, MSN, RN, Practice Transformation Specialist, Quality Insights
- Wendy Bailey, M.Ed., HHA-BPSM Program Facilitator
- Kelli Janowski, MS, RD, LDN, HHA-BPSM Program Facilitator



Earn Free CME/CNE (1.0 contact hour)

To receive CME/CNE credit, participants must:

- View the 60-minute recorded presentation
- Complete evaluation

Quality Insights and presenters have no identified conflicts of interest.

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DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health



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2. Once you have signed in/created an account, scroll down to the **Webinars** section.
3. Click on the [Delaware Healthy Heart Ambassador](#) session and click on the **ENROLL** button.

Continuing Education

Nursing: This course is approved for 1.0 hours of Continuing Education for Nursing. Quality Insights accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

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