# 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).

This publication was supported by the Cooperative Agreement Number NU58DP006516 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention. Publication number DEDPH-HD-102021B

#### **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.



DELAWARE HEALTH AND SOCIAL SERVICES Division of Public Health