



Healthy Hearts Ambassador Program

Description:

The FREE Healthy Hearts Ambassador Program is an evidence based Blood Pressure Self-Monitoring Program to empower adults with high blood pressure to take control of their blood pressure. The 4 month program is delivered virtually and over the phone to help participants learn knowledge and skills to manage their high blood pressure.

Participants receive a FREE blood pressure monitor and

- Training on how to measure and track your blood pressure at home.
- Guidance & support from a trained lifestyle coach.
- Education on healthy food choices to help manage blood pressure.

Eligibility:

To qualify participants must be at least 18 years old and:

- Have been diagnosed with high blood pressure
- Not have experienced a recent cardiac event
- Not have atrial fibrillation or other arrhythmias
- Not be at risk for lymphedema

To Register:

To register simply open this website: <https://forms.gle/JsFdnwcafcjwhgwj9>
or scan the QR code. Then follow the instructions at the top of the link.

