



# Blood Pressure Self-Monitoring Program

## About the Program

The Blood Pressure Self- Monitoring Program is a **FREE** 4-month program that includes access to our Healthy Heart Ambassadors, along with private consultations, access to the YMCA facility for all your fitness needs, monthly seminars, weekly check-ins by phone or email from a Healthy Heart Ambassador, and more. Program participants are asked to attend four personalized consultations per month as well as the monthly nutrition education seminars in person or virtually. This program is offered through the Mississippi Department of Health.

## Participant Requirements

- Must be at least 18 years old or older
- Been diagnosed with high blood pressure and /or on antihypertensive medication
- Have not experienced a recent cardiac event
- Does not have atrial fibrillation or other arrhythmias
- Does not have or are at risk for lymphedema

## Benefits of the Program

Joining the Blood Pressure Self-Monitoring program is an investment in your health and a commitment to reducing your risk of heart attack or stroke. One of the benefits of the program is the support you will receive to develop the habit of self- monitoring to lower and better manage your blood pressure.

## How to Register

Call the YMCA at (662) 335-7258  
Ask to speak to April Humphrey

Email: [gchaffinch@ymcahcm.org](mailto:gchaffinch@ymcahcm.org)