

## EVIDENCE-BASED PROGRAM

- Research shows that the simple process of checking and recording your blood pressure at least twice a month over four months may lower blood pressure in people with high blood pressure
- Research shows that proper nutrition, particularly with a reduction in sodium, can help to lower diastolic and systolic blood pressure

**1 IN 3 AMERICAN ADULTS  
HAVE HIGH BLOOD PRESSURE**



**ONLY ABOUT HALF OF PEOPLE  
WITH HIGH BLOOD PRESSURE  
HAVE THEIR CONDITION  
UNDER CONTROL**

## NATIONAL COMMITMENT

YMCA of the USA is one of several partners in the Million Hearts® campaign launched by the U.S. Department of Health and Human Services. The goal of the campaign is to prevent one million heart attacks and strokes by 2017 through heart disease prevention activities.

## PROGRAM REFERRAL

Provide a referral for your patient to participate in the YMCA's Blood Pressure Self-Monitoring program today.

PATIENT NAME: \_\_\_\_\_

PROVIDER NAME: \_\_\_\_\_

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Provider Signature                      Date

### TO QUALIFY, PARTICIPANTS WILL:

- Be at least 18 years old
- Be 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

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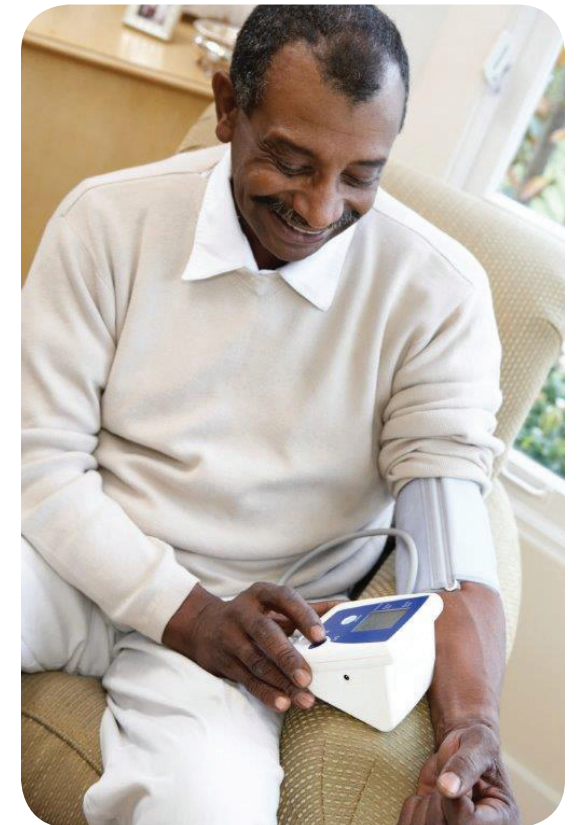
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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TAKE ACTION TO IMPROVE HEART HEALTH

**Blood Pressure Self-Monitoring  
YMCA OF GREATER FORT WAYNE  
Health Care Provider Brochure**



## FOR A SMALL INVESTMENT, PARTICIPANTS RECEIVE:

- An evidence-based program that may lower blood pressure
- Personalized support from a Healthy Heart Ambassador during Office Hour consultations
- Tips for maintaining cardiovascular health
- Heart healthy nutrition education
- Easy-to-use, portable self-tracking tool

### MONITORING MATTERS

**Add Blood Pressure  
Self-Monitoring to your  
heart health regimen.**



## TAKE ACTION

**YMCA's Healthy Heart  
Ambassador is here to help you.**

### HOW THE PROGRAM WORKS

Participants will work with trained Healthy Heart Ambassadors for the duration of the four-month program. During this time, participants will be encouraged to:

- Self-measure their blood pressure at least two times per month
- Attend two personalized consultations per month
- Attend monthly nutrition education seminars

Participants will record their blood pressure readings using an easy-to-use, self-selected tracking tool. The Y will provide options for participants who need a home blood pressure monitor.

### PROGRAM GOALS

- Reduction in blood pressure
- Better blood pressure management
- Increased awareness of triggers that elevate blood pressure
- Enhanced knowledge to develop healthier eating habits

## HEALTHY HEART AMBASSADORS

Healthy Heart Ambassadors will train participants to properly use a self-monitoring blood pressure cuff and emphasize the value of regular self-monitoring. Ambassadors will also provide ongoing personalized support as they strive to achieve their program goals.

### OFFICE HOUR CONSULTATIONS

The Healthy Heart Ambassadors are available each week for personalized 10-minute consultations to support participants as they continue to better manage their blood pressure. Participants will also receive personalized weekly emails, calls or text messages from an Ambassador.

### NUTRITION EDUCATION SEMINARS

Seminars will highlight the importance of practicing healthier eating habits. Seminar topics include:

- Dietary Approaches to Stop Hypertension (DASH)
- Reducing sodium intake
- Shopping, cooking and food preparation
- Eating for your heart

Each 60-minute seminar will also offer an area for participants to measure their blood pressure with coaching for proper measuring techniques from a Healthy Heart Ambassador.