

Take Control of Your High Blood Pressure

1 in 3 Rhode Island adults report living with high blood pressure and only 1 in 4 adults has their blood pressure under control. Having unmanaged high blood pressure puts you at risk for **heart disease and stroke**.



The CDC-recognized Healthy Heart Ambassador Blood Pressure Self-Monitoring program helps adults manage high blood pressure through regular blood pressure self-monitoring and other heart-healthy activities, **at no cost to them**.

How Healthy Heart Ambassador Coaches Help



Trained Healthy Heart Ambassador Coaches support participants in their journey toward improved health and blood pressure management through:

- ♥ Virtual or in-person bi-monthly one-to-one consultations;
- ♥ Weekly check-ins;
- ♥ Monthly nutrition seminars;
- ♥ Encouraging participants to share blood pressure readings with their healthcare professional; and
- ♥ Offering program incentives.

Coaches conduct a variety of activities; however, they do not diagnose, treat, or manage participants' high blood pressure or risk factors, nor will they try to convince, direct, or judge participants regarding their decisions or behaviors.

The power of the program is in participants finding their own path to better blood pressure management, supported by Healthy Heart Ambassador Coach's guidance and encouragement.

Is the Healthy Heart Ambassador Blood Pressure Self-Monitoring Program for me?

To qualify for the program, participants must be at least 18 years old and:

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



How the Program Works

The 4-month program offers trained Healthy Heart Ambassador Coaches who work with participants to build skills that help them:



- ♥ Manage high blood pressure by learning how to properly self-measure blood pressure readings at home
- ♥ Identify and control triggers that raise blood pressure
- ♥ Adopt healthier eating habits with nutrition education

Get healthier for you. Get healthier for them.

When you take the steps to manage your high blood pressure with healthy eating and lifestyle changes, you also help those you live with.

Everyone benefits when you get healthier!



How to get started

♥ Register Yourself

Find a program near you at [Healthy Heart](#) or scan QR code below.

♥ Make a Referral

There is no wrong door to access this program, however, healthcare professionals, Community Health Workers (CHWs), and CHW-life professionals, caregivers or family members can make a referral on behalf of a patient or client. Referrals from healthcare professionals go a long way in someone taking action to improve their health! Referrals are made easy through the Rhode Island Department of Health at [Healthy Heart](#) or scan QR code below.

For more information about HHA BPSM, contact Erica Hanson at erica.hanson@health.ri.gov.

