

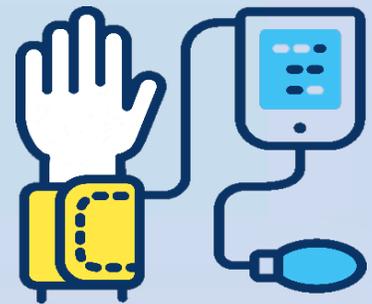
# Healthy Heart Ambassador BLOOD PRESSURE Self-Monitoring Program



Help your patients improve their hypertension with a **new evidence-based program** that empowers them to manage their high blood pressure (BP) while learning ways to eat healthier and be more physically active.

In this exciting *no cost* program from the Delaware Division of Public Health, specially trained health coaches teach simple yet proven ways for patients to:

- Manage and understand BP.
- Measure and track their BP.
- Set and achieve health goals.
- Identify and control triggers that can raise BP.
- Adopt healthier eating habits.
- Increase physical activity.



## Your patients will receive: *(at NO COST)*

- A **BP monitor** (if needed) and training on how to measure and track BP 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 confidence to buy, prepare and cook affordable, delicious heart-healthy meals.
- Support to help your patients **make real changes** for heart health.



## Participation Requirements:

- ✓ Over 18 years old
- ✓ High BP diagnosis or prescribed a medication for high BP
- ✓ No cardiac events in the last one year
- ✓ Don't have atrial fibrillation or other arrhythmias
- ✓ Do not have or at-risk for lymphedema



## Program Referrals:

You can refer patients to this program via a direct referral by calling **302-208-9097**, patient portal/text messaging, or a referral letter. Email [DHSS\\_DPH\\_HHA@delaware.gov](mailto:DHSS_DPH_HHA@delaware.gov) or contact Robina Montague at **1-800-642-8686, ext. 7814** for more details.



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health  
Diabetes and Heart Disease Prevention and Control Program



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