

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

1 IN 3
AMERICAN ADULTS HAVE
HIGH BLOOD PRESSURE



Only about **1/2** of people with
high blood pressure have their
condition under control

For more information about the program:

[NAME OF YMCA]

[Address]

[City ST 00000]

[Phone]

[URL]

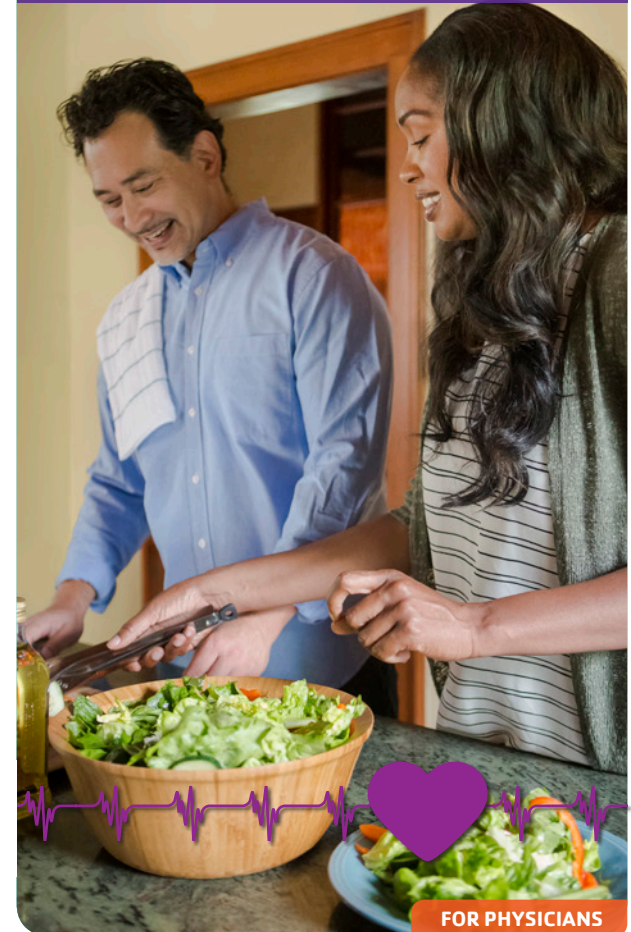
PHY 051611 06/16



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TAKE ACTION TO IMPROVE HEART HEALTH

Blood Pressure Self-Monitoring
[NAME OF YMCA]



FOR PHYSICIANS

If you are living with high blood pressure, taking action to keep it well-controlled will minimize your risk for complications like stroke, heart attack, and even death.

You don't have to let high blood pressure control you. The simple process of checking and recording your blood pressure at least twice a month over a period of four months has been shown to lead to lower blood pressure in people with high blood pressure.

This forms the basis for the YMCA's Blood Pressure Self-Monitoring Program, an evidence-based program that features personalized support as you develop the habit of routinely self-monitoring your blood pressure, tips for maintaining your cardiovascular health, and nutrition education. This program will help you gain the knowledge and skills to take control of your blood pressure management.

HOW THE PROGRAM WORKS

Participants will work with trained Healthy Heart Ambassadors for the duration of the four-month program. Just a few check-ins per month can yield big results. You will:

- **Take your own blood pressure at least two times per month**
- **Attend two consultations with a YMCA Healthy Heart Ambassador per month – no appointment necessary**
- **Attend monthly nutrition education**

You will record your blood pressure readings using an easy-to-use tracking tool of your own choosing. The Y can provide options for participants who need a home blood pressure monitor.



WHAT THE PROGRAM DOES

Blood Pressure Self-monitoring helps participants:

- **Reduce their blood pressure by identifying patterns and trends on which to take action**
- **Better manage their blood pressure over time**
- **Increase their awareness of triggers that elevate blood pressure**
- **Improve their knowledge of heart-healthy eating habits**

A SMALL INVESTMENT PRODUCES BIG RESULTS

Features of the four-month program:

HEALTHY HEART AMBASSADORS

Certified Healthy Heart Ambassadors will train you on the proper technique for taking your own blood pressure readings accurately, will assist you in identifying trends and patterns in your readings over time, and will provide ongoing support as you work to make blood pressure self-monitoring a habit and build confidence in managing your own blood pressure well.

OFFICE HOUR CONSULTATIONS

Healthy Heart Ambassadors are available each week for one-on-one 10-minute consultations to support you as you continue to better manage your blood pressure. You'll be asked to attend at least two consultations a month, but you will be welcome any time a Healthy Heart Ambassador is on-duty. To ensure you feel supported throughout the program, you will also receive weekly emails, calls or text messages from a Healthy Heart Ambassador.

NUTRITION EDUCATION SEMINARS

Seminars will highlight how food is related to blood pressure management and will provide you with the knowledge and skills to make heart-healthy choices. Seminar topics include:

- **Dietary Approaches to Stop Hypertension (DASH)**
- **Reducing sodium intake**
- **Shopping, cooking and food preparation**
- **Heart Healthy Eating for Life**

Each 60-minute seminar will also offer an opportunity for you to take your own blood pressure with coaching on proper technique from an on-site Healthy Heart Ambassador.