

Healthy Heart Ambassador Blood Pressure Self-Monitoring Program

About the Program

- Free 4-month program
- Free blood pressure monitor if you do not have one
- Coaching twice a month
- Monthly nutrition seminars
- Weekly check-ins from trained program facilitator

Outcomes

- Learn the right way to take your BP
- Learn to measure and track BP at home

Participant Requirements

- Must be 18 years old or older
- Must have a HBP diagnosis or on BP medication
- No cardiac events in last 6 months
- No atrial fibrillation or arrhythmias
- No risk of or diagnosed lymphedema



Interested in joining the program?

Contact us!  bloodpressure@montgomerycountypa.gov