

## 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 MUST:

- 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 of lymphedema

1 IN 2  
AMERICAN ADULTS HAVE  
HIGH BLOOD PRESSURE



Only about **20%** of people with high blood pressure have their condition under control

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For more information contact:

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<https://shorturl.at/kOtmR>



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
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# TAKE ACTION TO IMPROVE HEART HEALTH

Blood Pressure Self-Monitoring Program  
Oneonta Family YMCA



FOR HEALTH CARE PROVIDERS

**Everything the Y does is in service of making us—as individuals and as communities—better, which is why we develop and support chronic disease prevention programs designed to improve America’s health.**

The YMCA’s Blood Pressure Self-Monitoring Program is one part of Y-USA’s suite of evidence-based chronic disease prevention programs.

This evidence-based self-monitoring program aims to help participants better manage their blood pressure. The program emphasizes that self-monitoring and tracking of an individual’s blood pressure can play a significant role in reducing one’s blood pressure and improving quality of life.

## HOW THE PROGRAM WORKS

Your patients will work with trained Healthy Heart Ambassadors for the duration of the four-month program. Participants will:

- Take their own blood pressure at least two times per month
- Attend 2 monthly check-in meetings with a YMCA Healthy Heart Ambassador & nutrition education seminars
- Will receive a FREE at home Blood Pressure Monitor

They will record their blood pressure readings with an easy-to-use tracking tool of their choice and will also be encouraged to share this tracker with you.

**YMCA membership is not required to participate in the program.**



## HOW YOUR PATIENTS BENEFIT

The Blood Pressure Self-Monitoring Program can help keep your patients focused on monitoring their blood pressure. It will increase their awareness of triggers that elevate blood pressure and teach them practices that can lead to lower blood pressure. By tracking their blood pressure, your patients will have valuable data about their health they can share with you to make informed choices about their care.

Healthy Heart Ambassadors are trained in proper blood pressure measurement and they provide participants with blood pressure monitors approved by American Heart Association. The Healthy Heart Ambassadors follow emergency protocols if a participant has a reading that is in the hypertensive crisis range.

## PROGRAM FEATURES

### HEALTHY HEART AMBASSADORS

Certified Healthy Heart Ambassadors will train your patients on the American Heart Association’s ABCDs of proper blood pressure measurement, will assist them in identifying trends and patterns in their readings over time that can be affected by lifestyle changes, and will provide ongoing support as they work to make blood pressure self-monitoring a habit.

### CHECK IN MEETINGS

Twice a month your patients will participant in a 60 minute group meeting with our Healthy Heart Ambassadors to support them as they continue to better manage their blood pressure. The first 30 minutes they will take participants blood pressure and discuss ways to help manage blood pressure. The second half of the meeting will be dedicated to Nutrition Education.

To ensure your patients feel supported throughout the program, they 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 individuals with the knowledge and skills to make heart-healthy choices. Seminar topics include reducing sodium intake and heart healthy eating. Each 30-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.