



Healthy Hearts Blood Pressure Self-Monitoring Program*

Do you have high blood pressure?

This 4-MONTH program is FREE and will help you better manage your blood pressure.



This program offers:

- Training on how to measure and track your blood pressure at home.
- Guidance and support from a trained lifestyle coach.
- Education on healthy food choices that help manage blood pressure.



Participants receive a
FREE
blood pressure monitor!

You may be eligible if you are...

- An adult at least 18 years old
- Do not have lymphedema
- Have not had a heart attack or stroke within the past year
- Do not have atrial fibrillation or another rhythm problem



Public Health
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Frederick County Health Department

To Sign Up or Learn More:

Scan the QR Code to visit our webpage or

Contact Us: 240-357-1161 or cswank@frederickcountymd.gov



*This is the Centers for Disease Control & Prevention's Healthy Heart Ambassador Blood Pressure Self-Monitoring Program.