



# Healthy Hearts

## Blood Pressure Self-Monitoring Program\*

### Provider Referral Form

**\*\*\*\* FAX Completed Form To: 301-682-5107 \*\*\*\***

Provider Name:		Date:	
Provider Phone:		Provider Fax:	
Patient Name:		Patient DOB:	
Patient Phone:	OK to Text? ( <u>circle one</u> ) Yes      No	Patient Email:	

**Healthy Hearts** is a free program of the Frederick County Health Department that supports adults with hypertension in developing the habit of self-monitoring to lower or better manage their blood pressure. Research has shown that monitoring blood pressure at home can be helpful *in addition* to regular monitoring at the doctor's office.

This 4-month program includes:

- Guidance and support from a trained lifestyle coach.
- Training on how to measure and track blood pressure.
- Education about healthy food choices to help manage blood pressure.
- A blood pressure monitor (if needed).

**PROGRAM REQUIREMENTS** (Patient must meet all the following- *please check each box below*)

<input type="checkbox"/> 18 years of age or older <input type="checkbox"/> Been diagnosed with or told has high blood pressure <u>or</u> takes medication for high blood pressure	<input type="checkbox"/> No heart attack or stroke within the past year <input type="checkbox"/> No atrial fibrillation or other arrhythmias <input type="checkbox"/> No lymphedema
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Important Patient Notes:

- Home monitoring is NOT a substitute for regular visits with your doctor.
- Patients should not stop taking medication without consulting their doctor, even if their blood pressure readings are in a normal range during home monitoring.



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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](mailto:cswank@frederickcountymd.gov)



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