



# 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**  
Prevent. Promote. Protect.

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.