

# REGISTER HERE

Please Print Legibly.

Participant First & Last Name \_\_\_\_\_

D/O/B \_\_\_\_\_

Gender (circle one) M F Unspecified

Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Please check this box to agree that you meet the required qualifications listed below to enroll in this program. You 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 for lymphedema

I hereby consent to participate in this program and agree to release the Harrison Family YMCA, volunteers and sponsors from any claims that may arise from injuries suffered while participating in the program. I also grant permission to the Y to use any photographs or videography that are obtained as part of this program for future Y advertising and promotions.

Signature \_\_\_\_\_

Date \_\_\_\_\_

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**HARRISON FAMILY YMCA**  
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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## TAKE ACTION TO IMPROVE HEART HEALTH

**Blood Pressure  
Self-Monitoring Program**

**HARRISON FAMILY YMCA**



## **BLOOD PRESSURE SELF MONITORING PROGRAM**

If you are living with high blood pressure, taking action to keep it well-controlled will minimize your risk for complications like stroke, heart attack, and even death. High blood pressure, which makes the heart work harder than it should with each beat, is especially dangerous because it often has no warning signs and usually lasts a lifetime once it develops. The simple process of checking and recording your blood pressure at least twice a month over a period of four months has been shown to lower blood pressure in many people with high blood pressure. This forms the basis for the YMCA's Blood Pressure Self-Monitoring Program, an evidence-based program that features personalized support as you develop the habit of routinely self-monitoring your blood pressure, tips for maintaining your cardiovascular health, and nutrition education.

### **HOW THE PROGRAM WORKS**

Participants will work with trained Healthy Heart Ambassadors for the duration of the four-month program. Just a few check-ins per month can yield big results. You will:

- **Take your own blood pressure at least two times per month**
- **Attend two consultations with a YMCA Healthy Heart Ambassador per month**
- **Attend monthly nutrition education seminars**

You will record your blood pressure readings using an easy-to-use monitor. The YMCA will have one available on site or you may choose to purchase your own for at home.

### **FEES | Y MEMBERS ONLY**

\$25/Session

### **QUALIFICATIONS**

- 18 years old and up
- Diagnosed with high blood pressure
- Not have experienced a recent cardiac event
- Not have atrial fibrillation or other arrhythmias
- Not Be At Risk For Lymphedema

### **SESSION DATES**

**August 31<sup>st</sup> - December 17<sup>th</sup>**

16-week program sessions; **Must register by August 17<sup>th</sup>.**

### **OFFICE HOUR CONSULTATIONS**

**Required twice a month**

\*May be Virtual

**Mondays 11:30 - 12:30 p.m.**

**Thursdays 5:30 - 6:30 p.m.**

Healthy Heart Ambassadors are available each week for one-on-one 10-minute consultations to support you as you continue to better manage your blood pressure. You'll be asked to attend at least two consultations a month, but you will be welcome any time during office hours. To ensure you feel supported throughout the program, you will also receive weekly emails or calls.

### **HEALTHY HEART AMBASSADORS**

Certified Healthy Heart Ambassadors will train you on the proper technique for taking your own blood pressure readings accurately, will assist you in identifying trends and patterns in your readings over time, and will provide ongoing support as you work to make blood pressure self-monitoring a habit.

### **NUTRITION EDUCATION SEMINARS**

**Required Monthly**

\*May be virtual

- Dates to be determined

Seminars will highlight how food is related to blood pressure management and will provide you with the knowledge and skills to make heart-healthy choices. Seminar topics include reducing sodium intake and heart healthy eating. Each 60-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.

### **EVIDENCE-BASED RESULTS**

- Reduce blood pressure by identifying patterns and trends on which to take action
- Better manage blood pressure over time
- Increase awareness of triggers that elevate blood pressure
- Improve knowledge of heart-healthy eating habits
- Enrich communication with health care provider by sharing self-monitoring results

