

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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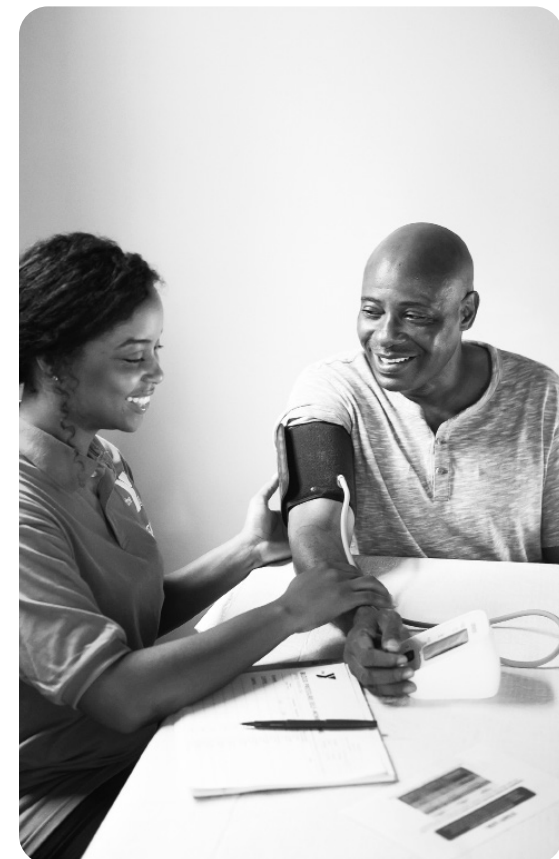


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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 – no appointment necessary**
- **Attend monthly nutrition education seminars**

You will record your blood pressure readings using an easy-to-use monitor. **The YMCA will provide a free blood pressure monitor to all participants!**

FEES

\$50/Y Members

\$75/Community Members

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

October 5th - January 21st

16-week program session; Must register before the start date of the session.

OFFICE HOUR CONSULTATIONS

Required twice a month

May be virtual or in the YMCA Chapel Room on the following days:

Tuesdays 5:00 – 6:00 p.m.

Thursdays 9:00 – 10:00 a.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.

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

