

Healthy Heart Ambassadors (HHA) facilitators teach a number of things during the 4 month program.

### HOWEVER, they DO NOT:

- Diagnose
- Treat or
- Manage high blood pressure risk factors.

### Nor do they:

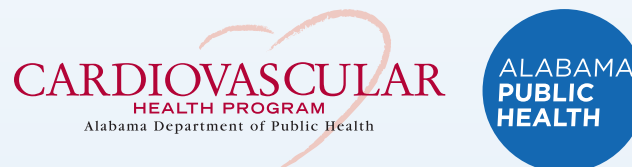
- Convince
- Direct or
- Judge participant decisions or behaviors.

The power of the program is in participants finding their own path to better blood pressure management, supported by HHA guidance and encouragement.

A referral by a doctor nor a note of medical clearance is needed to join the program. But people are encouraged to share their recorded blood pressure measurement with their doctor or other health care provider.

## To learn about HHA programs in your area contact:

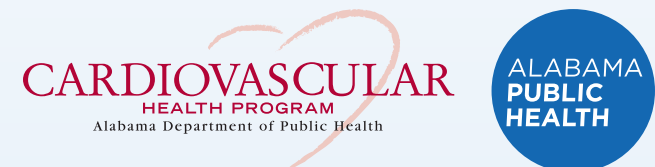
Learn more about HHA by visiting:  
[alabamapublichealth.gov/cardio](http://alabamapublichealth.gov/cardio)



# HEALTHY HEART AMBASSADOR



## BLOOD PRESSURE SELF-MONITORING PROGRAM



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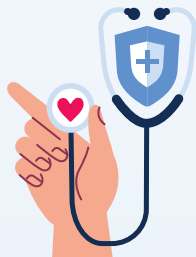
The Healthy Heart Ambassador Blood Pressure Self-Monitoring Program is a 4-month long program that helps people with high blood pressure learn to manage it.

At the start of the program, Healthy Heart Ambassador (HHA) facilitators work with people to determine if they are eligible for the program, complete enrollment, then talk about the program goals, activities, and commitments. HHA facilitators work with participants one-on-one during at least twice per month office hour consultations.



## KEY BENEFITS FOR PARTICIPANTS

- Learn the right way to measure blood pressure.
- Measure and track blood pressure at least twice a month at home.
- Attend monthly nutrition classes to learn about heart-healthy food choices.
- At least two individualized meetings with a HHA facilitator each month



## WHO IS ELIGIBLE?

- ✓ Must be age 18 years or older.
- ✓ Been told by a doctor you have high blood pressure or take high blood pressure medicine.
- ✓ Have interest in and ready to attend the classes.
- ✗ **NO** significant cardiac event (heart attack) in the last 12 months.
- ✗ **NO** atrial fibrillation or other arrhythmia.
- ✗ **NO** lymphedema or at risk for it.

## Learn Skills and Abilities to Help:



Manage high blood pressure.



Identify and control triggers that raise blood pressure.



Adopt healthier eating habits.

## TIPS FOR PROPER BLOOD PRESSURE MEASUREMENT

Measure at the same time daily.

### At least 30 minutes before taking blood pressure:

- Use the restroom.
- Don't smoke.
- No exercise.
- No caffeine or alcohol.

