Self Monitored Blood Pressure Program

Who it's for:
- You First members with high blood pressure readings
  - Pre-hypertension (Readings between 120/80 - 139/89)
  - Hypertension (Readings over 140/90)

How it works:
- You First sends you a home blood pressure monitor
- Take your monitor to your doctor or nurse's office
  - They can show you how to use your monitor
  - They can make sure that your monitor is working right
- Track your blood pressure
  - Take your blood pressure twice a day
  - Write down your readings
  - Share your readings with your provider regularly
  - Call your doctor if your readings are often over 140-90
  - Call your doctor if you have two back to back readings over 160/100
- Mail your tracking sheet to You First
  - The You First Lifestyle Program Coordinator will send you fresh tracking sheets
  - You First Lifestyle Program Coordinator can provide ongoing support for healthy eating, physical activity and quitting smoking (if needed)

Questions? Call 800-508-2222