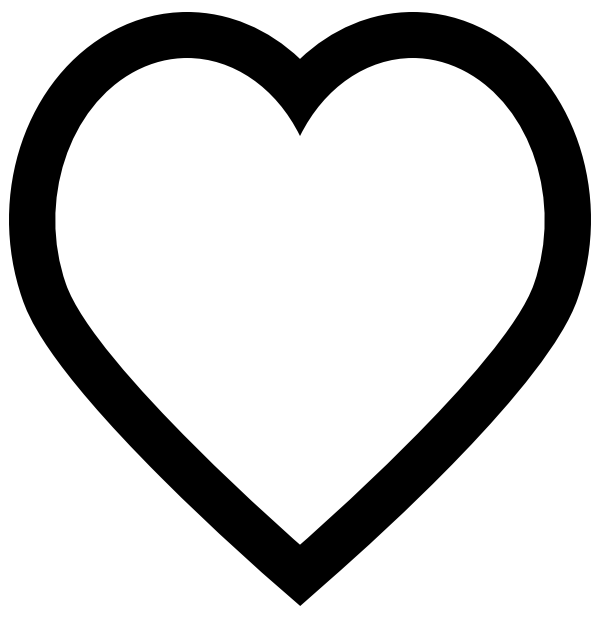


# Self Monitored Blood Pressure Program

## Who it's for:



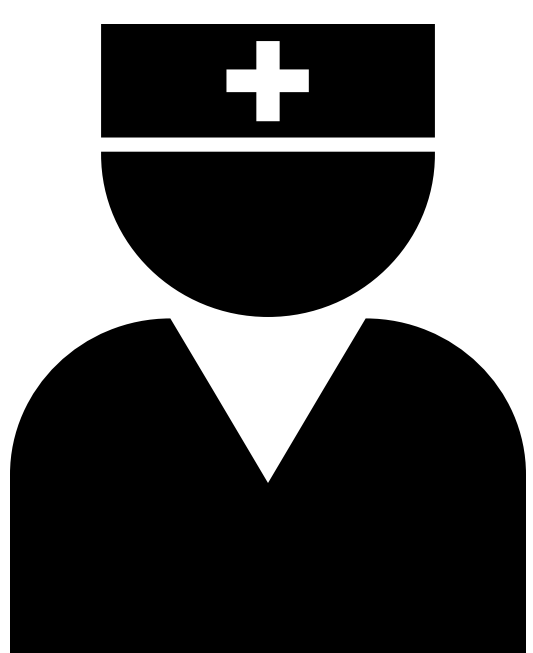
### You First members with high blood pressure readings

- Pre-hypertension (Readings between 120/80 - 139/89)
- Hypertension (Readings over 140/90)

## How it works:

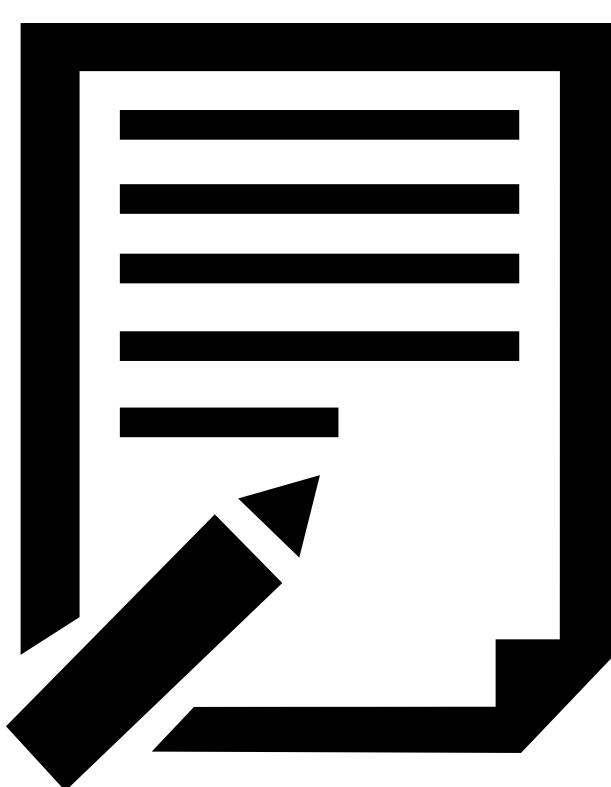


### You First sends you a home blood pressure monitor



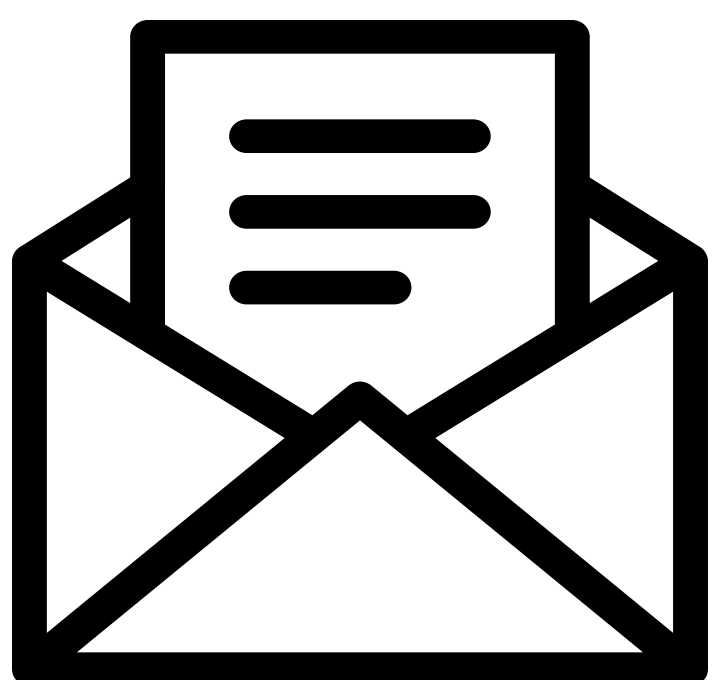
### Take your monitor to your doctor or nurse's office

- 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)