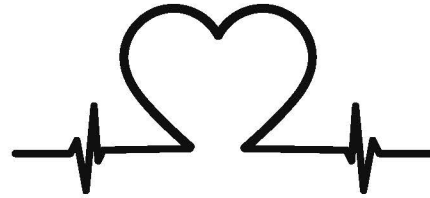


# HEALTHY HEARTS START AT HOME

The Healthy Heart Blood Pressure Self-Monitoring (BPSM) Program is an evidence-based four-month lifestyle intervention program to help people with hypertension learn how to monitor and control their high blood pressure with the support of peers



## THIS FREE 4 MONTH PROGRAM WILL HELP:

- Manage high blood pressure
- Identify and control triggers that raise blood pressure.
- Learn to eat healthier and find ways to move more



CALVERT COUNTY  
**HEALTH**  
DEPARTMENT



For more information and/or register: email [candace.smith2@maryland.gov](mailto:candace.smith2@maryland.gov) or call 410-535-5400 x459

## TO QUALIFY:

- 18 or older
- Have been 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

## PARTICIPANTS RECEIVE:

- Blood pressure monitors
- One-on-one support from a trained coach (virtual or in person)
- Nutritional education that will build confidence to buy, prepare, and cook affordable, delicious, heart healthy meals