Healthy Heart Ambassador
BLOOD PRESSURE
Self-Monitoring Program

In this exciting no cost program from the Delaware Division of Public Health, specially trained health coaches teach simple yet proven ways for patients to:

- Manage and understand BP.
- Measure and track their BP.
- Set and achieve health goals.
- Identify and control triggers that can raise BP.
- Adopt healthier eating habits.
- Increase physical activity.

Your patients will receive: (at NO COST)

- A BP monitor (if needed) and training on how to measure and track BP at home.
- Virtual one-on-one support from specially trained facilitators and virtual learning sessions over a four month period.
- Cooking demonstrations and nutritional education that will build confidence to buy, prepare and cook affordable, delicious heart-healthy meals.
- Support to help your patients make real changes for heart health.

Participation Requirements:

✓ Over 18 years old
✓ High BP diagnosis or prescribed a medication for high BP
✓ No cardiac events in the previous six months
✓ Don’t have atrial fibrillation or other arrhythmias
✓ Do not have or at-risk for lymphedema

Program Referrals:

You can refer patients to this program via a direct referral by calling 302-208-9097, patient portal/text messaging, or a referral letter. Email DHSS_DPH_HHA@delaware.gov or contact Robina Montague at 1-800-642-8686, ext. 7814 for more details.