

LIVE IT NC

Live a healthier life.



PATIENTS

Know your Health Care Provider.
Know your numbers.

HEALTH CARE PROVIDERS

Know your Patients.
Know their numbers.

KNOW IT

A few opportunities our regional grant can offer around High Blood Pressure with you and your community!
Scroll down please....

Blood Pressure Monitoring Station

Applicable to worksites, churches, and other public places like libraries, senior centers.

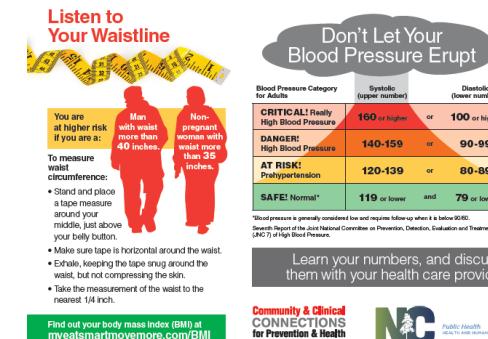
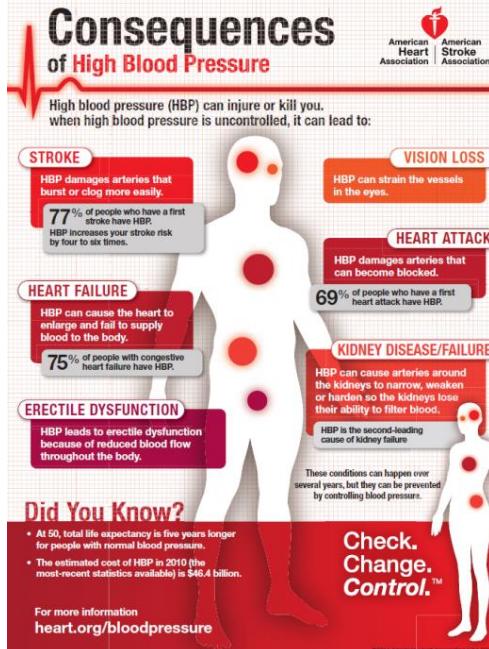


<http://startwithyourheart.com/bloodpressurestation/>

Self-Measured Blood Pressure Monitoring Policy for Worksites or Churches

We can provide:

- Draft policy and guidance
- Self-Measured Blood Pressure Monitoring Protocol
- List of validated BP monitors for purchase
- Hand out on “Steps To Measuring Your Blood Pressure”
- Poster demonstrating correct position for taking BP readings
- One-pager on creating Heart360 account
- Walking resources
http://workwellinc.com/scorecard-physical_activity.php
- Brochure on Mediterranean diet
- One-pager on Sodium reduction



For more information contact:

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Obesity, Diabetes, Heart Disease, and Stroke
Prevention Grant

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