



## Know It Control It *for Seniors*

Know It, Control It *for Seniors* is a four-month program, led by blood pressure coaches, to help older adults self-monitor their blood pressure and incorporate healthy lifestyle habits to control high blood pressure.

**Become a blood pressure coach for Know It, Control It *for Seniors* blood pressure management for older adults**

**FREE Know It, Control It Blood Pressure Coach Training**

Lunch will be provided.

**Register now!**

Email [bloodpressure@communityclinicalconnections.com](mailto:bloodpressure@communityclinicalconnections.com) and type **Know It, Control It** in the subject line. Include your name, organization, phone number and return email address.

## As a blood pressure coach, you will:

- Recruit and enroll participants into the Know It, Control It *for Seniors* program
- Conduct group classes at least twice a month for four consecutive months

**Suggested class size = 8-12 participants**

**Class length = approximately 90 minutes**

**The instructional portion will last 30-45 minutes. An additional 45-60 minutes will be needed for measuring each participant's blood pressure and discussing it with them.**

- Teach participants the proper technique for measuring blood pressure
- Encourage participants to self-monitor their blood pressure and record the readings using either an online tracker or a paper log during each class
- Consult with participants about their blood pressure readings, noting any changes
- Educate participants on healthy lifestyle topics during each class
- Not make any medical diagnoses or prescribe treatment for the participant

The North Carolina Division of Public Health is providing a free five-hour training for persons to become blood pressure coaches on the **Know It, Control It for Seniors** program. During this training, you will LEARN how to use an online blood pressure tracking tool, REVIEW proper blood pressure measurement techniques, and GET ACQUAINTED with the **Know It, Control It for Seniors** curriculum.

**At the blood pressure coach training, you will receive a blood pressure monitor and the eight-lesson curriculum.**



## Facility Requirements

Access to a computer/tablet

Internet

Projector or large TV screen/monitor

Private room



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