

Check. Change. Control.

Blood pressure self-monitoring.

High blood pressure (hypertension) is the steady high force of blood through your vessels. It can lead to health problems like stroke, vision loss and heart failure. To eliminate high blood pressure: Check. Change. Control. These steps help you improve your blood pressure when you track, move more, eat healthier and take care of your mental well-being.

Goals

- Decrease blood pressure.
- Prevent:
 - Low birth weight in babies.
 - Premature birth.
 - Injury to lungs, brain, heart and major organs.
 - Future cardiovascular disease.
 - Preeclampsia.

How to reach them

- Understand the importance of controlling blood pressure.
- Learn how to measure blood pressure correctly.
- Develop goals and healthy habits.
- Create a My Life Check Account.
- Monitor blood pressure.

Clients

- Check your blood pressure at least 2 times monthly for 4 months.
- Watch video to learn how to measure blood pressure and about preeclampsia.
- Create a My Life Check account. Complete the form and learn your score.
- Track your blood pressure numbers on paper or in an app.
- Share your health stories at the end of 4 months.
- Sign consent forms (photo consent form is optional).

Staff

- Provide tools to help with blood pressure readings.
- Take photos of clients checking their blood pressure.
- Provide blood pressure cuffs.
- Provide handouts and video links.
- Answer questions.
- Get signed consent forms from clients.
- Gather blood pressure readings and My Life Check scores.
- Verify clients have a provider.

Resources

- **Healthy blood pressure is key to a healthy pregnancy**—tpchd.org/home/showdocument?id=9243.
- **How to monitor your blood pressure at home**—youtube.com/watch?v=rAwliNWe1bl.
- **7 symptoms every pregnant woman should know**—<https://youtu.be/P9GxHQzwIzk>.
- **My Life Check**—A science-based, digital health risk assessment tool. Gauge, improve and monitor your heart health status. Start an account here: mlc.heart.org. **Enter code AHA022.** After you start an account, you can download the My Life Check app.
- **Life's Simple 7**—The 7 most important predictors of heart health: heart.org/en/healthy-living/healthy-lifestyle/my-life-check--lifes-simple-7.



Questions?

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Learn more at tpchd.org/hearthealth.