

# HEALTHY HEART AMBASSADOR PROGRAM

## Self-Monitored Blood Pressure & Nutrition Education

### PROGRAM GOAL

Support adults with hypertension (HTN) lower and manage their blood pressure.

### WHAT IS HHA?

HHA is a CDC-recognized self-monitored blood pressure and nutrition education program facilitated by a trained coach.

### WHY REFER PATIENTS TO HHA?

HHA coaches close the loop on referrals by encouraging participants to share blood pressure readings with their health care team. These readings can then be entered into the EHR.

Participants use blood pressure tracking to inform lifestyle changes.

HHA programs offer walk-in office hours in convenient and accessible locations.

### WHO IS ELIGIBLE?

- ✓ Age 18 or older
- ✓ HTN diagnosis or on antihypertensive Rx
- ✓ Interest in and readiness for program
- ✗ Significant cardiac event in the last 6 months
- ✗ Atrial fibrillation or other arrhythmia
- ✗ Lymphedema or at risk for



### ABOUT YOUR LOCAL HHA PROGRAM