



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

1 IN 3 AMERICAN ADULTS
HAVE HIGH BLOOD PRESSURE

Only about **1/2** of people have
their condition under control*



TAKE ACTION TO IMPROVE HEART HEALTH

Blood Pressure Self-Monitoring Program Sumter Family YMCA

The simple process of checking and recording your blood pressure at least twice a month over a period of four months has been shown to lower blood pressure in some people with hypertension.

Blood Pressure Self-Monitoring is an evidence-based program that features personalized support for developing a blood pressure self-monitoring routine, tips for maintaining cardiovascular health and nutrition education.

For additional information, contact:

Allyse Proctor
Healthy Living Director
803-774-2486

**A 16-week program available at no cost to
YMCA members**

Program Date: July 27 - November 11

**Complete referral on other side and turn in to
member services no later than July 25.**

The Y is a leading nonprofit committed to improving the nation's health. Financial assistance is available to those who qualify.

Blood Pressure Self-Monitoring Program

REFERRAL

Provide a referral for your patient to participate in the YMCA's Blood Pressure Self-Monitoring program today.

PATIENT NAME: _____

PATIENT PHONE NUMBER: _____

PATIENT DOB: _____

PATIENT ADDRESS: _____

PROVIDER NAME: _____

PROVIDER SIGNATURE: _____ **DATE:** _____

TO QUALIFY, PARTICIPANTS MUST:

- Be at least 18 years old
- Be diagnosed with high blood pressure
- Not have experienced a recent cardiac event
- Not have atrial fibrillation or other arrhythmias
- Not be at risk of lymphedema

PLEASE BRING REFERRAL TO THE SUMTER YMCA