

Self-Measured Blood Pressure Program:

Toolkit for Worksites



KNOX COUNTY
TENNESSEE
HEALTH DEPARTMENT

Self-Measured Blood Pressure Program: **Toolkit for Worksites**

This toolkit was adapted from the [American Heart Association, Check. Change. Control. Program](#), an evidence-based hypertension management program that utilizes blood pressure self-monitoring to empower individuals to take ownership of their cardiovascular health.

This program has been adapted to an eight-week program for the workplace.



Key Program Features

Through this program you can:

- Promote the well-being of employees by encouraging healthy blood pressure management with a “whole person” perspective, using principles of mindfulness, stress management, healthy eating, active living, and more.
- Create a blood pressure tracking station made up of:
 - A small table and chair
 - A blood pressure monitoring device and cuff
 - Signage and instructions for proper measurement of blood pressure
 - Educational materials on heart healthy living
- Provide participants with resources, such as:
 - Individual blood pressure tracking booklets for participants
 - Educational packets for participants
 - Email templates for the 8-week program with motivational messages, evidence-based health tips, and reminders to track blood pressure
- Evaluate the program and collect success stories with a web-based survey



Table of Contents

Introduction: Hypertension in the United States	5
Self-Measuring Blood Pressure	5
The Role of Employee Wellness in Heart Health Promotion	6
Program Overview	6
How to use this toolkit	6
Getting started	7
Planning checklist	8
Program timeline worksheet	9
Blood pressure station maintenance	12
Participant packets	12
Email templates	13
Promotion Weeks 1 and 2	14
Week 1	15
Week 2	16
Week 3	17
Week 4	18
Week 5	19
Week 6	20
Week 7	21
Week 8	22
Follow-up: Weeks 9 and 10 (Collecting surveys and success stories)	23
References	24
Related Documents	24

Introduction: Hypertension in the United States

High blood pressure occurs when the force of blood flowing through vessels is consistently too high. Blood pressure is considered high when systolic pressure (the top number in a blood pressure measurement) is 130 millimeters of mercury or above, or the diastolic (bottom number) is 80 or above.

If left untreated, high blood pressure can significantly increase an individual's risk of having a heart attack, stroke, or other serious health issues. Cardiovascular disease, which includes heart disease, stroke, and other vascular diseases is the leading cause of death in the United States.¹

About one third of U.S. adults have been told by a health care provider that they have high blood pressure, and only 1 in 4 of those with high blood pressure have it under control through medication, lifestyle modifications, or a combination of the two.¹ In the state of Tennessee, 39% of adults have high blood pressure, which is higher than the average for the United States (32%).²

Certain lifestyle factors increase a person's risk of having cardiovascular disease and managing high blood pressure is a key component to reducing the risk. For optimal heart health, the American Heart Association recommends individuals stop smoking and avoid secondhand smoke, engage in physical activity, follow a healthy diet, monitor their blood pressure levels, and get their cholesterol levels checked. Having high blood pressure, diabetes, high cholesterol, and being overweight or obese can also increase the risk of cardiovascular disease, so proper management of these conditions is an important part of a heart healthy lifestyle.

Self-Measuring Blood Pressure

One blood pressure measurement is like a snapshot. It tells only what an individual's blood pressure is at that moment. A record of readings taken over time provides a "time-lapse" picture of blood pressure that can help individuals partner with their physician to ensure that treatments to lower high blood pressure are working.

Consistent self-measuring of blood pressure can also play an important role in individual goal setting. When an individual sees that their efforts toward living a healthier lifestyle are positively impacting their blood pressure levels, they may find boosted confidence and motivation to continue making healthy changes.

Regularly measuring blood pressure outside a doctor's office can help identify accurate blood pressure numbers. It can also help identify:

- "Masked hypertension," which is when blood pressure gives a false normal reading at the doctor's office
- "White-coat hypertension," which happens when blood pressure gives a falsely elevated reading during a doctor's office visit due to stress or anxiety

The Role of Employee Wellness in Heart Health Promotion

Small lifestyle changes can make a big difference for individual health, and the workplace can play a key role in promoting these healthy changes. Employers can support their employees' efforts toward a heart healthy lifestyle by offering employee wellness programs, educational initiatives, and self-measuring programs like the one outlined in this toolkit.

Self-measuring blood pressure programs help empower individuals to make blood pressure control a priority. Here's how employers can make a difference:

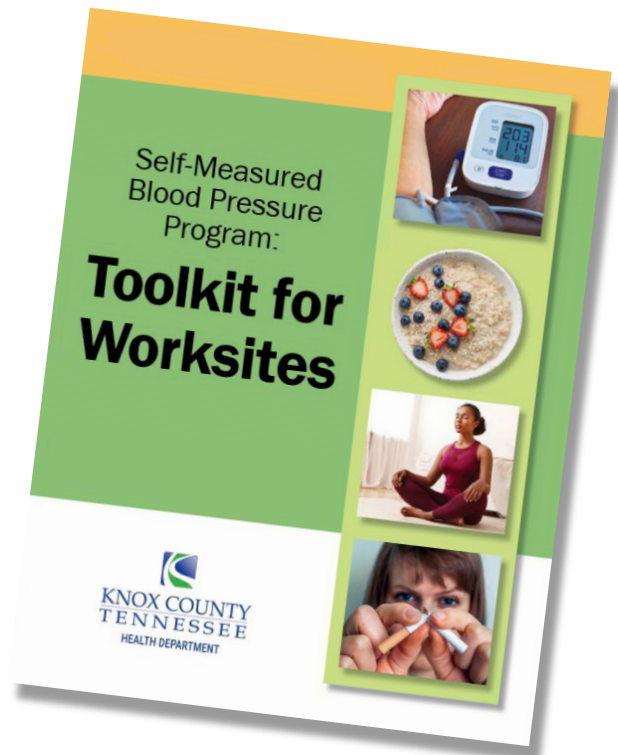
- Offer a workplace blood pressure station to help employees identify high blood pressure and better understand their heart health.
- Implement workplace policies that support heart health, like encouraging walking meetings or adopting a healthy vending machine policy for the workplace.
- Create a culture of wellness by sharing healthy lifestyle tips, recipes, and outdoor activities to employees via email.
- Encourage employees to take the driver's seat in managing their heart health. Encourage them to ask questions to providers, set personal health goals, and develop plans toward a healthier lifestyle.

Program Overview

How to use this toolkit

The purpose of this toolkit is to support worksites in implementing a blood pressure management program for the workplace. This toolkit will provide everything you need throughout the 8-week program: From planning all the way to collecting success stories after the program ends.

Follow the program planning checklist and sample timeline on pages 8-9. Then personalize the email templates on pages 14-23, and share the promotional flyers and educational resources provided with this toolkit.





Getting Started

Planning Checklist

- ☐ Get company leadership on board
- ☐ Determine who will be on your implementation team
- ☐ Choose your kickoff date
- ☐ Set your enrollment goal: How many people do you want to reach?
- ☐ Secure incentives your worksite will provide (if applicable)
- ☐ Set up your blood pressure tracking station
- ☐ Promote the program via email and promotional flyer
- ☐ Recruit participants
- ☐ Put the plan into action: Start the program and send emails over 8-week duration
- ☐ Celebrate success: collect success stories and distribute awards (if applicable)

Friendly Competition

Add some friendly competition to keep people engaged. A few ideas are listed below, but don't be afraid to make it your own. (Note: this is optional):

- Put a sealed ticket box next to the blood pressure station. Each time someone takes their blood pressure, they write their name on a ticket and enter it into the box. Draw for a winner each week or at the end of the program.
- For a more tech-savvy approach, create a short survey to include in your weekly emails. Participants enter the number of times they measured their blood pressure that week. The person with the highest number at the end of the program wins a prize!
- Encourage participants to snap a picture of themselves doing healthy activities (walking, cooking healthy meals, meditating, yoga, checking/tracking their blood pressure). Share these in the company newsletter or program emails. For creative groups, make it a "meme challenge"!

Planning Notes:



Program Timeline Worksheet

Week	Task	Resources Needed
Planning Phase	<ul style="list-style-type: none"> Determine program start date Set up blood pressure station Calibrate the blood pressure monitoring device 	<ul style="list-style-type: none"> Table and chair Blood pressure monitor and cuff Signage and instructions for measuring blood pressure Educational flyers
Promotion Week 1	<ul style="list-style-type: none"> Share promotional flyer Send promotional message 1 	<ul style="list-style-type: none"> Email templates (included) Promotional flyer (included)
Promotion Week 2	<ul style="list-style-type: none"> Send promotional message 2 	
Week 1	<ul style="list-style-type: none"> Host program kickoff (Can be done virtually) Give out participant packets and tracking booklets Send week 1 email Optional: Send participants a calendar reminder to track their blood pressure 	<ul style="list-style-type: none"> Tracking booklets Participant packets/folders with educational materials (digital packet included) Optional: healthy refreshments for program kickoff
Weeks 2 - 8	<ul style="list-style-type: none"> Send weekly emails 	
Follow Up: Week 9	<ul style="list-style-type: none"> Send follow-up email 1 	<ul style="list-style-type: none"> Survey link (included) Awards or incentives (if applicable)
Follow Up: Week 10	<ul style="list-style-type: none"> Send follow-up email 2 	

Blood Pressure Station: Set Up & Maintenance

1. Find just the right spot for your blood pressure station. All you need is a small table and chair in a somewhat quiet space.
2. Set up the blood pressure monitor according to manufacturer's instructions. Calibrate the device to make sure it is working properly. Calibration should be performed on a quarterly basis to ensure that blood pressure readings are accurate.
3. Put up posters, flyers, and brochures related to heart health. Make sure to include 1) instruction on how to properly measure your blood pressure and 2) what to do if you have an unusually or critically high blood pressure reading.
4. Provide information about local programs for reducing blood pressure, including but not limited to weight loss, healthy eating, heart health, or healthy lifestyle programs.
5. Post a copy of the blood pressure categories and instructions for blood pressure measurement (see below and page 11). Physical copies are provided in your program kit for display at the blood pressure station.



Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

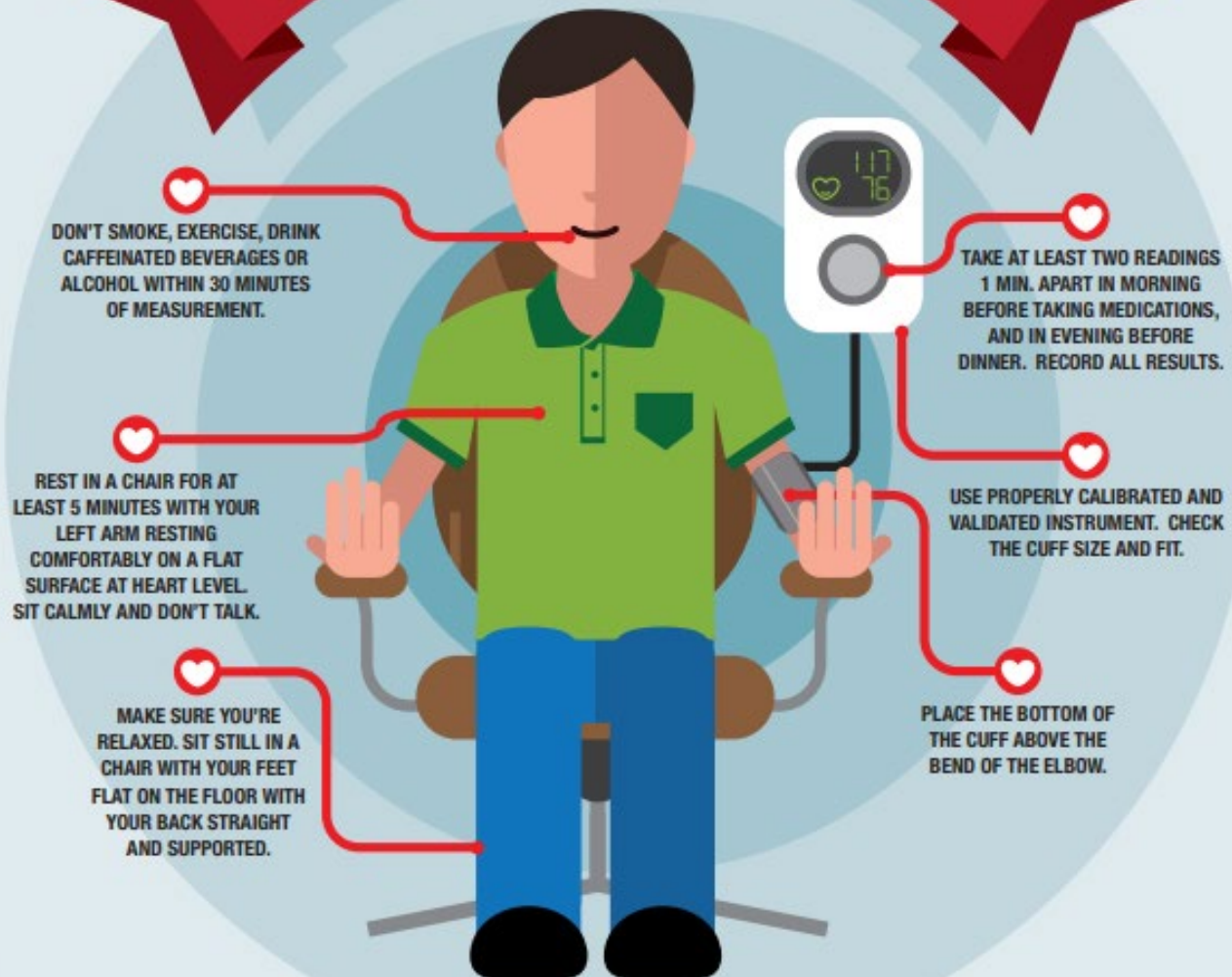
©American Heart Association. 05-10580 8/09

heart.org/bplevels



American Heart Association.

BLOOD PRESSURE MEASUREMENT INSTRUCTIONS



American Heart Association recommended blood pressure levels

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



*Wait a few minutes and take blood pressure again. If it's still high, contact your doctor immediately.

**LEARN MORE AT
HEART.ORG/HBP**

© Copyright 2018 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved.

Blood Pressure Station Maintenance

Once you have received your blood pressure monitor and set up your blood pressure station, it's important to do regular check-ins to clean the device and make sure everything is working correctly. The blood pressure monitor must be calibrated periodically to ensure that blood pressure readings are accurate.

1. **Sanitization:** Blood pressure cuffs should be cleaned with a damp cloth with neutral detergent and warm water at least once a week. Wipe down with sanitizing wipes between each use.

Note: It may be a good idea to leave sanitizing wipes at the station for participants to clean with after each use.

2. **Calibration:** Most digital blood pressure cuffs have self-diagnostic programs that run when the unit is starting up. If it recognizes that it's out of calibration, an alert or alarm sounds and asks you to run the calibration program. You can also run the calibration any time you want to check the unit's accuracy.

To test the accuracy, you can check your digital blood pressure cuff against a manometer of known accuracy using the steps listed below.

1. Turn on the digital blood pressure cuff. Follow the instructions and run the calibration program
2. When it's finished, take a blood pressure reading
3. Then, take a blood pressure reading with a mercury sphygmomanometer of known accuracy
4. Record both numbers and take at least three readings each
5. Both aneroid and digital sphygmomanometers need to be regularly calibrated and checked against manometers of known accuracy.

3. **General Maintenance:** See device manual.
-

Participant Packets

Set participants up for success by giving them packets with the following information.

Tip: Give these out at a program kickoff event! You can use this as an opportunity to show off your new blood pressure station, give people their participation packets, and show a video on how to properly measure blood pressure. Make it fun! Bring healthy refreshments if possible.

What to give participants:

- Blood pressure logbook
- Blood Pressure Categories Chart
- Educational Materials:
 - What is High Blood Pressure?
 - Blood Pressure Measurement Instructions
 - What Can I Do to Improve my Blood Pressure?
 - Life's Simple 7 Checklist



Email Templates & Lifestyle Tips by Week

Promotion Message 1 (Send 2 weeks prior to program)

Subject: Exciting New Wellness Program: Worksite Blood Pressure Program

Hello,

I'm excited to let you know that *[Insert your company name]* is now offering a wellness and blood pressure management program. Everyone is encouraged to sign up regardless of whether you have high blood pressure or not! This eight-week program focuses on simple changes you can make to improve your heart health and overall wellness, starting with a simple stop at a blood pressure monitoring station!

In the meantime, stop by *[insert blood pressure station location]* to see our new blood pressure tracking station. Feel free to give it a try! Follow the posted instructions and find out what your blood pressure is today.

[TIP: insert a picture of your blood pressure station here so that people know what they're looking for.]

Stay tuned for more information in the coming weeks. Reply to this email to sign up.

Sincerely,

[Your name, title]

Promotion Message 2 (Send 1 week prior to program)

Subject: Blood Pressure Program Kickoff Event

Hello,

High blood pressure is sometimes called the “silent killer” because there are usually no symptoms. Knowing and managing your blood pressure is one of the best things you can do for your overall health.

Why should you self-measure your blood pressure? https://youtu.be/R_QqFYtKUh0

Join us on *[Kickoff date, time, location or link to virtual event]* to learn more about the program. When you sign up, you will get a blood pressure tracking booklet to keep track of your numbers, and a folder full of tips for healthy eating, active living, and measuring your own blood pressure.

In the meantime, visit the Knox County Health Department's website to see free classes on heart healthy living and diabetes management.

[Link: https://knoxcounty.org/health/diabetes_management.php#ManageYourHeart]

[Include information about company-wide competition and any prizes/incentives if applicable]. There is still time to sign up. Reply to this email by *[Insert date]* if you want to participate. [Include a program sign-up link if appropriate].

Sincerely,

[Your name, title]

Program Implementation

Week 1: Instructions for Accurately Measuring Blood Pressure

Subject: Ready, Set, Track!

Dear blood pressure trackers,

Thank you for signing up for the blood pressure tracking program. Today marks day 1 of your blood pressure tracking! Before you start, make sure to watch this short video on how to accurately measure blood pressure. There are also instructions posted at the blood pressure station that can help.

Watch the video: <https://youtu.be/rAwliNWe1bl>

High blood pressure is mostly a symptomless condition, which is why it's called the "silent killer." The first step in managing your blood pressure is monitoring your blood pressure on a regular basis. Don't forget to track your first blood pressure reading by the end of the week. Feel free to log your blood pressure more than one time each week if you are curious about tracking the numbers. If you're an overachiever, try tracking twice a day!

If you have any questions, please contact me at [Company wellness champion name and contact information]. For more information on blood pressure, go to: www.heart.org/hbp

Sincerely,

[Your name, title]

Attachment: [What Is High Blood Pressure](#)

What is High Blood Pressure?

Blood pressure is the force of blood pushing against blood vessel walls. It's measured in millimeters of mercury (mm Hg).

High blood pressure (HBP) means the pressure in your arteries is higher than it should be. Another name for high blood pressure is hypertension.

Blood pressure is written as two numbers, such as 112/78 mm Hg. The top, or larger, number (called systolic pressure) is the pressure when the heart beats. The bottom, or smaller, number (called diastolic pressure) is the pressure when the heart rests between beats.

Normal blood pressure is below 120/80 mm Hg. If you're an adult and your systolic pressure is 120 to 129, and your diastolic pressure is less than 80, you have **elevated blood pressure**. High blood pressure is a systolic pressure of 130 or higher or a diastolic pressure of 80 or higher, that stays high over time.

High blood pressure usually has no signs or symptoms. That's why it is so dangerous. But it can be managed.

Nearly half of the American population over age 20 has HBP, and many don't even know it. Not treating high blood pressure is dangerous. High blood pressure increases the risk of heart attack and stroke.

Make sure you get your blood pressure checked regularly and treat it the way your health care professional advises.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120		LESS THAN 80
ELEVATED	120-129		LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Am I at higher risk of developing HBP?

There are risk factors that increase your chances of developing HBP. Some you can control, and some you can't.

Those that can be controlled are:

- Cigarette smoking and exposure to secondhand smoke
- Diabetes
- Being obese or overweight
- High cholesterol
- Unhealthy diet (high in sodium, low in potassium, and drinking too much alcohol)
- Physical inactivity

Factors that can't be modified or are difficult to control are:

- Family history of high blood pressure
- Race/ethnicity
- Increasing age
- Gender (males)
- Chronic kidney disease
- Obstructive sleep apnea

Socioeconomic status and psychosocial stress are also risk factors for HBP. These can affect access to basic living needs, medication, health care professionals, and the ability to adopt lifestyle changes.

(continued)

Week 2: Lifestyle Strategies for High Blood Pressure Management

Subject: Week 2 - Ready, Set, Keep Tracking!

Dear blood pressure trackers,

The first step in controlling blood pressure is knowing your numbers. By now, you've checked your blood pressure at least once (or maybe more!) and know what your numbers are. If you're not sure what your numbers mean, review the chart in the attached documents. You can also find copies of this chart at the blood pressure station.

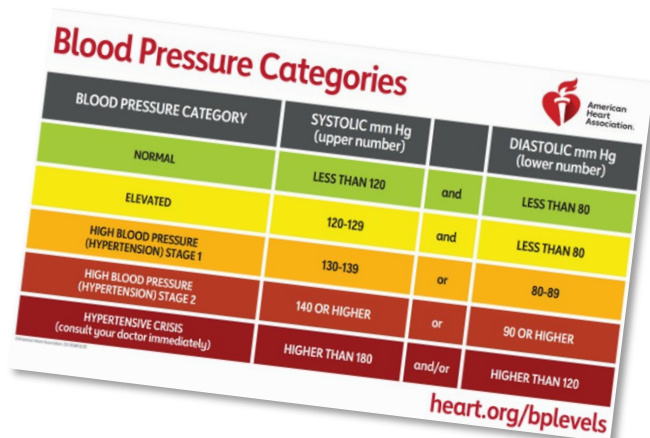
Now it's time to make a plan! If your blood pressure numbers fall in the "elevated" stage or higher, it is a good idea to make an appointment to see your doctor and discuss a plan of action. View the attachment called, "What Can I Do To Improve My BP?" Read about the small lifestyle changes that can add up and make a big difference for your heart health. Start making a difference today!

Don't forget to stop by the blood pressure station to track your blood pressure if you haven't tracked it this week. If you have any questions, please contact me at [Contact information here].

Sincerely,

[Your name, title]

Attachment: [Blood Pressure Categories](#)

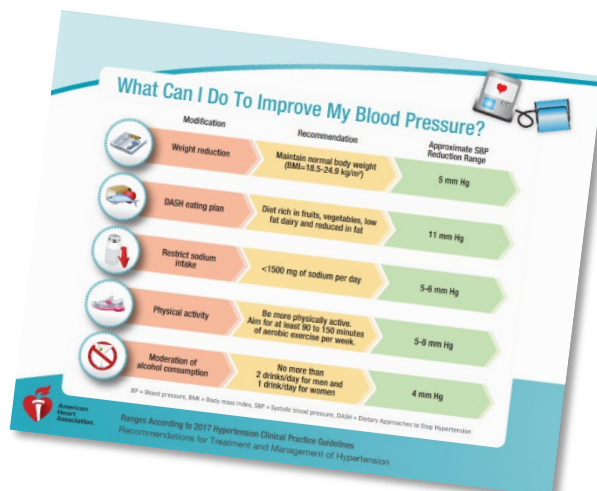


Blood Pressure Categories

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

heart.org/bplevels

Attachment: [What can I do to improve my blood pressure](#)



Week 3: Low Sodium Diet

Subject: Week 3 – Ready, set, keep tracking!

Dear blood pressure trackers,

Did you know that reducing your salt intake can lower your systolic blood pressure (the top number) by 5-6 points? That's a big difference! See the attachment to read about the top sources of sodium in the typical American diet.

Many people eat more than twice the recommended amount of sodium each day, which is 2,300 milligrams per day. Chances are, that includes you – even if you rarely pick up the saltshaker! The worst part is that most of us don't even realize how much salt we're eating. But sure enough, salt is sneaking up on us, especially when we go out to restaurants or eat packaged and processed foods. The extra salt we're eating can put us at risk for elevated blood pressure, which means an increased risk of heart disease and stroke.

Watch this one-minute video to see for yourself: Sneaky Salt Video:

<https://www.youtube.com/watch?v=YR81aziXRfw>)

Want to keep reading? Learn how to cut back on salt here. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/how-to-reduce-sodium>

Don't forget to stop by the blood pressure Station if you haven't tracked your blood pressure this week. If you have any questions, please contact me at [Contact information here].

Sincerely,

[Your name, title]

Attachment: [The Salty Six](#)



Week 4: Making Swaps for Lower Salt Snacks

Subject: Week 4 – Ready, set, keep tracking!

Dear blood pressure trackers,

Have you ever tried swapping out processed snacks for healthy, fresh fruits and vegetables? Try it this week! Every day is a new opportunity to make healthy choices. A healthy eating style is one of your best weapons in the fight against heart disease. Visit the link below to see the American Heart Association's recommendations for healthy eating. While you're there, pick out a recipe to try at home!

www.heart.org/nutritioncenter

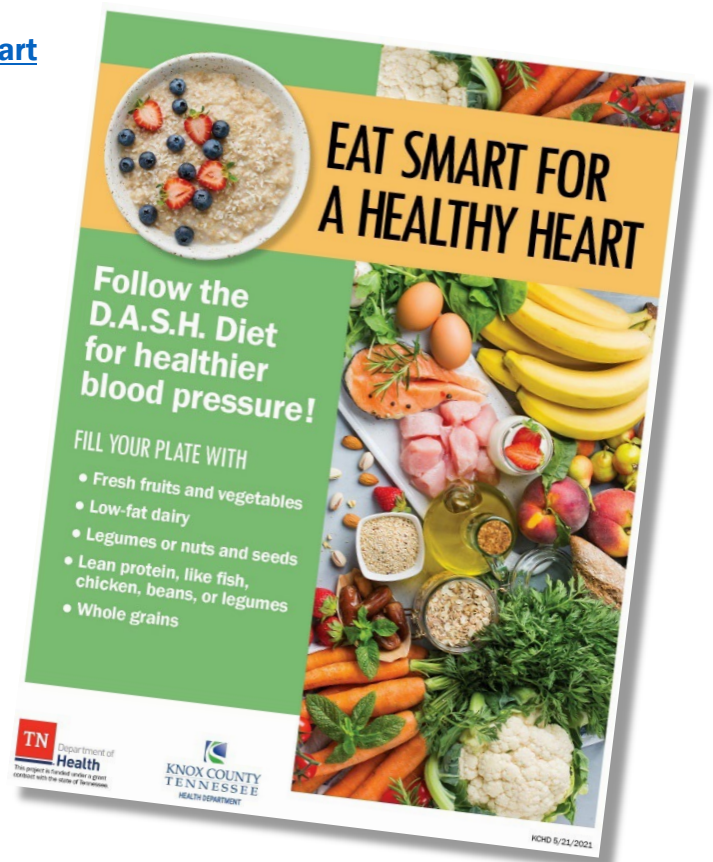
Heard of the D.A.S.H. Diet? It stands for Dietary Approaches to Stop Hypertension. Healthy eating according to the D.A.S.H. Diet can lead to a reduction in blood pressure.

Don't forget to track your blood pressure by the end of the day if you haven't tracked it this week. If you have any questions or problems checking your blood pressure, please contact me at [Contact information here].

Sincerely,

[Your name, title]

Attachment: [Eat Smart for a Healthy Heart](#)



Week 5: Physical Activity Guidelines

Subject: Week 5 – Ready, set, keep tracking!

Dear blood pressure trackers,

It's time to get up and move! These days, people spend much of their time working. An unfortunate side effect is that we're becoming less active and holding on to extra body weight. This is a huge problem because physical inactivity doubles the risk of heart disease. So, let's get moving at work! Take a walk during your breaks and/or at lunch this week. Small changes can really add up, so start with just five minutes of activity today!

Need help getting motivated? Here are some tips on getting started: <https://youtu.be/Oi1ICNHaxhs>

Want to keep reading? See what the American Heart Association recommends for getting enough physical activity: (https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults?utm_source=redirect_heartorg&utm_medium=referral&utm_campaign=301)

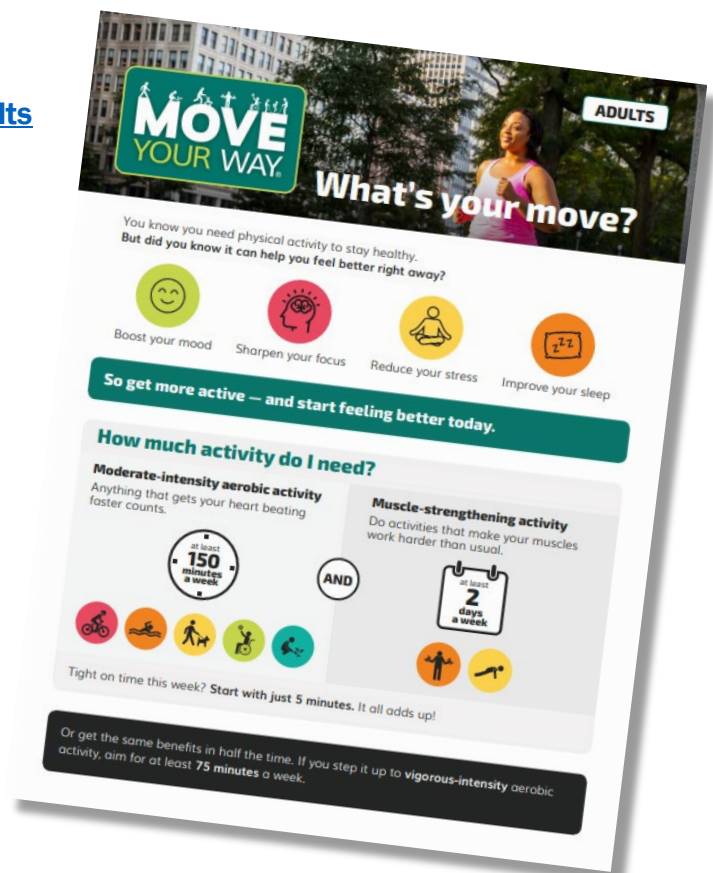
Don't forget to stop by the blood pressure station if you haven't tracked your numbers this week. If you have any questions, please contact me at [contact information here].

Sincerely,

[Your name, title]

Attachment:

[Move Your Way: Physical Activity for Adults](#)



Week 6: Stress Management

Subject: Week 6 – Ready, set, keep tracking!

Dear blood pressure trackers,

You have probably learned that stress can be experienced in many different ways. How much stress you experience and how you react to it can lead to a variety of health problems. This is why it's important to know what you can do about it. Pay attention to what you do when you are stressed. Do you cope by eating more sugary snacks or sleep less than usual? Try to notice these less healthy coping strategies and replace them with healthier stress management strategies.

Stressed at work? Try taking a mindfulness break with a short desk yoga routine like this one. You can do it with just your chair. <https://youtu.be/tAUf7aajBWE>

Want to keep reading? Here are 3 healthy ways to deal with stress. <https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/3-tips-to-manage-stress>

Still need to track your blood pressure this week? Take a physical activity break and walk on down to the blood pressure station! If you have any questions, please contact me at [contact information here].

Sincerely,

[Your name, title]

Attachment: [4 Tips to Manage Stress](#)



Subject: Week 7 – Ready, set, keep tracking!

The benefits of maintaining a healthy weight go far beyond boosted energy and mood. For people who are overweight, just a small amount of weight loss can help reduce and/or prevent high blood pressure, reduce cholesterol, and can prevent Type 2 diabetes. These all benefit your heart health, too! Learning to balance healthy eating and physical activity can help you lose weight more easily and keep it off.

<https://www.heart.org/en/healthy-living/healthy-eating/losing-weight/5-steps-to-lose-weight-and-keep-it-off>

Still need to track your blood pressure? Take a physical activity break and walk on down to the blood pressure station! If you have any questions, please contact me at [Contact information here].

[Your name, title]

1 KEEP TRACK

Understanding how many calories you take in and your activity level can help you identify changes you want to make. To lose weight, you need to burn more calories than you eat.

REDUCE CALORIES IN:
Keeping track of what and how much you're eating can help you know whether you're eating out of habit, stress or boredom instead of real hunger.

INCREASE CALORIES OUT:
An activity tracker can help you track how much physical activity you get.

2 LEARN YOUR BMI

Body Mass Index (BMI) is a numerical value of your weight in relation to your height. It can help you know whether you're at a healthy weight or need to lose weight. You can calculate your BMI online or see your health care provider.

3 TIPS FOR SUCCESS

CONTROL PORTIONS
Learn about portion sizes and how much you might really be eating.
heart.org/PortionDistortion

GET ACTIVE
Sit less, move more and add intensity to burn more calories and improve your overall health.
heart.org/MoveMore

EAT SMART
Follow a healthy eating pattern that emphasizes vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins and fish. Limit sweetened drinks, processed meats, refined carbohydrates like added sugars and processed grain foods, full-fat dairy products, eggs, highly processed foods, tropical oils like coconut and palm, and sodium. Make smart substitutions when cooking, snacking and dining out.
heart.org/EatSmart

GET HELP
If you aren't able to lose weight successfully on your own, talk with your health care provider.

LEARN MORE AT heart.org/mylifecheck AND heart.org/weight

© Copyright 2019 American Heart Association, Inc. All rights reserved. All trademarks are the property of their respective owners. All other trademarks are the property of their respective owners. All other trademarks are the property of their respective owners.

Week 8: Putting It All Together: Life's Simple 7

Subject: Ready, Set, Track One Last Time!

Dear blood pressure trackers,

This is the last week of the blood pressure tracking program. By now, we hope you have learned important strategies for healthier living and are getting comfortable tracking your blood pressure numbers.

Let's put it all together and talk about the 7 most important factors for your heart health! We have learned about many of these throughout the program so far. Life's Simple 7 is defined by the American Heart Association as the 7 risk factors that people can improve through lifestyle changes to help achieve ideal heart health.

1. Manage Blood Pressure
2. Control Cholesterol
3. Reduce Blood Sugar
4. Get Active
5. Eat Better
6. Lose Weight
7. Stop Smoking

These measures have one unique thing in common: any person can make these changes. The steps are not expensive to take and even modest improvements to your health can make a big difference. Start with one or two changes from the list and track your success. This 7-step list focuses on a hope we all have: to live a long, productive healthy life.

Want to keep reading? Click here: <https://www.heart.org/en/healthy-living/healthy-lifestyle/my-life-check--lifes-simple-7>

Still need to track your blood pressure this week? Take a physical activity break and walk on down to the blood pressure station! If you have any questions, please contact me at [Contact information here].

Sincerely,

[Your name, title]

Attachment: [Life's Simple 7](#)



Follow-up Phase: Program Evaluation Reminder and Incentives

Follow-up Email 1:

Subject: That's a Wrap!

Dear blood pressure trackers,

Thank you for joining us in tracking your blood pressure and using our new blood pressure station over the last eight weeks. We hope you've gained some helpful information and made healthy changes that you can stick to, like checking your blood pressure at our workplace station, getting more active, and eating more fruits and vegetables. To keep an eye on your numbers, you can keep tracking your blood pressure readings and other healthy choices you make in your booklet.

To finish up the program, please take a moment to answer a few questions about your experience. We want to know what helped you better control your numbers! The answers to these questions are anonymous and won't be connected to your name or identity in any way.

(LINK TO SURVEY: <https://forms.office.com/g/qJgpuQ1Ste>).

[Include information about winners of any companywide competitions that were held, and prizes/incentives if applicable].

Hold on to those healthy habits you learned about during this program! Remember, when it comes to making healthy choices, a little can mean a lot!

Sincerely,

[Name, title]

Follow-up Email 2:

Subject: Survey Reminder

Dear blood pressure trackers,

If you haven't taken the blood pressure program survey, please take a moment to answer a few questions about your experience. We want to know what helped you better control your numbers!

The answers to these questions are anonymous and won't be connected to your name or identity in any way. (Link to survey: <https://forms.office.com/g/qJgpuQ1Ste>).

Remember, when it comes to making healthy choices, a little can mean a lot!

Sincerely,

Your name, title]

References

1. BRFSS Prevalence & Trends Data: Explore by Location | DPH | CDC. Accessed April 23, 2021.
<https://www.cdc.gov/brfss/brfssprevalence/index.html>
2. Facts About Hypertension | cdc.gov. Accessed April 23, 2021.
<https://www.cdc.gov/bloodpressure/facts.htm>

Related Documents

Files and attachments needed to implement this program are provided electronically in separate files. See a description of each file below.

- Folder A: Promotional Flyer
- Folder B: Digital Participant Packet
- Folder C: Email Attachments
- Folder D: Sample blood pressure station setup



This project is funded under a grant contract with the State of Tennessee.