



# Healthy Heart Ambassadors

Blood Pressure Self-Monitoring Program

*Four-month program supports adults with high blood pressure to lower and manage their blood pressure.*



## Participants receive:

- Support setting healthy goals.
- Nutrition education.
- One-on-one meetings 2x month

## Do you need help with:

- Connecting with health services
- Food, clothing and other resources
- Utility/energy resources
- Transportation to medical appointments

 Genesee  
**Health Plan**

**844-232-7740**

***Ask or call our Community Health Worker***



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