

Call us today to get started!

**FREE FOR CANYONLANDS
PATIENTS WITH
UNCONTROLLED
HYPERTENSION**



With this remote patient monitoring program, you will have access to a team of community health workers that are dedicated to helping you take back control of your health and improve your quality of life. **Call one of your Community Health Workers today** and see if this program is right for you!

Call a Community Health Worker today to get started:

Page and Chilchinbeto Area:

Bree: 928-645-6624

Mallory : 928-645-6625

Safford Area:

Selena: (928) 645-6626

Duncan Area:

Lacey :928-645-6627

Call us today to get on the road to a healthier you!

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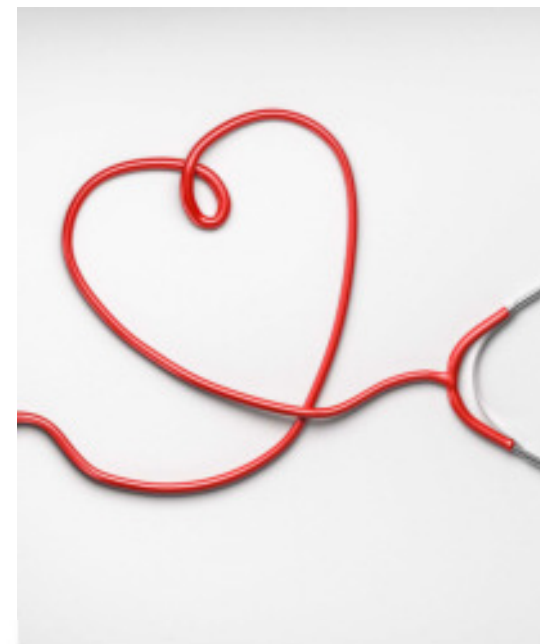
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**CANYONLANDS
HEALTHCARE**

**REMOTE BLOOD
PRESSURE
MONITORING
PROGRAM**

*It's time to take back
control of your health.
let's do it together!*



WE CAN HELP YOU STAY ON TRACK WITH YOUR GOALS:

Now you don't have to wait until you come into the office to check your blood pressure. This new program lets you do it from the comfort of your own home!

Our trained Community Health Workers will set you up with a blood pressure device, that you can use at home.

The blood pressure machine readings will automatically load onto an app and be added to your patient chart with the help of our Community Health Workers.

This will help your healthcare provider develop a plan just for you to help better manage your blood pressure.

DO YOU NEED HELP MANAGING YOUR BLOOD PRESSURE?

YOU ARE NOT ALONE!

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. HBP increases the risk of heart attack and stroke.

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

WHAT CAN YOU DO TO HELP IMPROVE YOUR HIGH BLOOD PRESSURE:

- Don't smoke and avoid secondhand smoke.
- Reach and maintain a healthy weight.
- Eat a healthy diet
- Aim to consume less than 1,500 mg/day of sodium (salt).
- Eat foods rich in potassium.
- Limit alcohol to no more than one drink per day if you're a woman or two drinks a day of you're a man.
- Be more physically active.
- Take medicine the way your doctor tells you.
- Know what your blood pressure should be and work to keep it at that level.

