Hypertension Education Series

What is it?

The Hypertension Education Series provides participants with the skills and tools needed to support effective blood pressure management. The goals of the program are to enhance participant self-management practices, decrease risks of hypertension-related comorbidities, and support behavioral-based efforts of managing blood pressure.

How it Works

The program is designed for those with a hypertension diagnosis, however all clinic eligible individuals may participate.

Healthstat’s Hypertension Education Series aligns with the American College of Cardiology and the American Heart Association recommendations for treating hypertension. Lifestyle and behavior modifications are advised as the first line of intervention for those suffering from hypertension. With an emphasis on Making Changes that Matter, some of the effective interventions included in this program are:

- Eat a well-balanced, low-sodium diet
- Limit alcohol
- Enjoy regular physical activity
- Manage stress
- Maintain a healthy weight
- Quit smoking

Participant Instructions & Program Details

Program Length: During this 12-week program, participants will have a minimum of 4 individual education and coaching appointments with the program facilitator.

Participant Instructions: Throughout this program, participants will also be asked to complete a series of blood pressure check clinical appointments. Any additional appointments and lab work will be discussed on an individual basis between the participant and the program facilitator.

How to Participate: Contact your Healthstat Clinician to sign-up for the program.

Visit your Health & Wellness Clinic to learn more