

Know It Control It

Know It, Control It is a high blood pressure management program. During the four-month program, you'll learn how to measure and track your blood pressure. You will also learn about lifestyle changes that can help you better manage your blood pressure.



During this program your blood pressure coach will:

- Help you check your blood pressure during each class
- Train you on how to self-monitor your blood pressure (take your blood pressure and record the readings using either an online tracker or a paper log regularly)
- Meet with you about your blood pressure readings, and monitor whether your blood pressure is going down, going up or staying the same over time
- Offer you tips and tricks for managing your blood pressure during one-on-one time and during the group lessons

In order to enroll in this program you must:

- **Be at least 18 years old**
- **Have been diagnosed with high blood pressure**
- **Have a normal heart beat**
- **Not have had a heart attack or stroke in the past six months**

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You will also learn how to

Know Your Numbers

- The effects of high blood pressure on your body
- Different categories of high blood pressure

Check It Often, Check It Right

- Why self-monitoring blood pressure is important
- How to choose the right type of blood pressure device
- The correct technique for taking blood pressure

Eat Smart, Slow Down on Salt

- Why it is important to limit sodium and how to do it
- Strategies help you stay on track with eating smart

Eat Smart, the Mediterranean Way

- Which foods to eat more of and which to limit to help lower blood pressure
- About the Mediterranean eating pattern

Move More

- The relationship between physical activity and blood pressure
- Appropriate ways to be physically active and why you should talk to your health care provider before starting a new physical activity

Live Tobacco Free

- The effects of smoking/tobacco on blood pressure
- About tools and resources to quit tobacco

Manage Your Blood Pressure Medications

- How to manage your blood pressure medications

Keep Calm, Sleep Well

- About the connection between high blood pressure, stress and inadequate sleep
- About tools and resources to reduce stress levels and get a good night's rest



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