

# Mid-Michigan Community Health Access Program (CHAP)

## Heart Smart Habits Program

The Heart Smart Habits (HSH) program is an evidence-based program that empowers adults to take control of their high blood pressure (BP) and engage in heart-healthy activities.

This **free** program works with participants to:



Self-monitor BP at home



Identify and control triggers that can raise BP



Adopt healthier lifestyle habits

Healthy Heart Ambassadors (HHAs) are **trained CHAP Community Health Workers** that help participants monitor and understand their blood pressure. They provide support, guidance, and encouragement as participants monitor and record blood pressure at home.

### Participants will receive:

- A BP monitor (if needed)
- Education and training on how to self-monitor blood pressure
- Regular check-ins with their HHA, both face-to-face and by phone or email
- Monthly nutrition education seminars
- Assistance with access to medical care and other Social Determinant of Health needs

### Participation Requirements:

- At least 18 years old
- No cardiac events in the last year
- Do not have atrial fibrillation or other arrhythmias
- Are not at risk for lymphedema

***To get involved, ask for a CHAP referral today!***

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### Program Information

**Duration:** 4 Months (about 7 hours total over 4 months)

**Cost:** Free

#### Self-Monitoring Blood Pressure

Participants will be trained on how to take blood pressure at home, and asked to record their blood pressure at least two (2) times each month.

#### Personalized Consultations

Participants will meet with their CHAP Healthy Heart Ambassador (HHA) two (2) times each month either virtually, by phone call, or in-person to talk about how the program is going and any challenges along the way.

#### Nutrition Education Seminars

Participants will be asked to attend one (1) monthly group nutrition education seminar, either in-person or virtually. Participants will learn strategies for living a heart-healthy lifestyle, such as healthy eating and being physically active.

### Care Team

#### CHAP Healthy Heart Ambassador (HHA)

The CHAP HHA will walk with participants through this program. They will train participants on taking blood pressure at home, lead personalized consultations and nutrition seminars, and help to address any other barriers to health.

***To get involved, ask for a CHAP referral today!***



*Disclaimer: HHAs are not medical professionals. HHAs do not diagnose, treat, or manage participants' high blood pressure or risk factors. HHAs work in accordance with Health Insurance Portability and Accountability Act privacy and security requirements.*