



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TAKE ACTION TO IMPROVE HEART HEALTH

Self-Measured Blood Pressure LOANER CUFF PROGRAM Stateline YMCA - Ironworks Branch

What is self-measured blood pressure?

Self-measured blood pressure (SMBP) is when you measure your blood pressure outside of the doctor's office or other health care settings.

Why do I need to measure my blood pressure if my blood pressure was already measured at the doctor's office?

SMBP allows you to measure at different times throughout the day and over a longer period of time, helping your doctor get a more complete picture of your blood pressure.

How does SMBP help me with my health?

By using SMBP you and your care team can come up with a treatment plan to better control your blood pressure, which can prevent more serious health problems.

To see if you qualify or for additional information, please call (608) 365-2261.

**FREE & OPEN to Rock County Residents 18+
Includes a FREE 1-Month Membership**



Rock County Public Health Department and the Stateline YMCA working together for a healthy, thriving community.