Hypertension Tracking Program

Learn more about managing and controlling your high blood pressure through our Hypertension Tracking Program. This program provides a one-on-one check-in with a designated Community Health Worker (CHW) at your clinic over the course of 12 weeks. This process includes:

- Initial blood pressure reading.
- Monthly check-ins by the CHW to provide further education on blood pressure management.
- Final blood pressure reading during week 12.

According to the American Heart Association, high blood pressure and cholesterol increases your risk for dangerous health conditions:

- **First heart attack**: About seven of every 10 people having their first heart attack have high blood pressure.
- **First stroke**: About eight of every 10 people having their first stroke have high blood pressure.
- **Chronic heart failure**: About seven of every 10 people with chronic heart failure have high blood pressure.
- **Kidney disease** is also a major risk factor for high blood pressure.

Although you cannot control all of your risk factors for high blood pressure, you can take steps to prevent or control high blood pressure and its complications.

For more information, please contact your clinic Community Health Worker.

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