



WV WELL@WORK MONITOR MODIFY MAINTAIN

More than 1 in 3 adults in West Virginia (41%) have high blood pressure, ~602,000.

Hypertension is known as the silent killer because it can be asymptomatic. Monitoring your blood pressure could save your life!

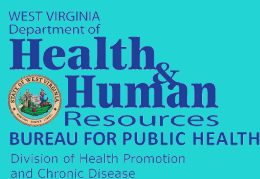
GUIDE TO CREATE A BLOOD PRESSURE STATION

- Rural Health Information Hub
- Start with your heart guide
- How to use a blood pressure monitor (video)

RESOURCES

- What is high blood pressure?
- Start at your local WVU Extension Office
- Quitline WV
- Know your numbers
- Free app-My cardiac coach
- Med (Mediterranean) instead of meds for heart health
- Sample policies to increase physical activity in the workplace

Register for WV Well@Work Monitor Modify Mantain program to track trends, connect with your Healthcare Provider and, celebrate your successful journey to heart health!



TAKE YOUR BLOOD PRESSURE HERE



WVU is an EEO/Affirmative Action Employer. Underrepresented class members are encouraged to apply. This includes: minorities, females, individuals with disabilities and veterans.

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Love Your Heart Partnership is a project of the WVU Extension Service and Families and Health Program.

