

Understanding Your

HIGH BLOOD PRESSURE

Improve and Control Hypertension

Learn self-management and home monitoring skills to empower you to take control of your blood pressure and boost your overall health.

Your personalized RN Health Coach will:

- Educate you on risk and treatment options.
- Provide support and encouragement through face-to-face, telephone or email communications.
- Help you set attainable goals and overcome barriers to improve your blood pressure.
- Suggest ways you can take an active role in your heart health in partnership with your doctor.

FREE

CentraState's Star and Barry Tobias
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To learn more:

 732.308.0570



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