

Prehypertension



Prehypertension Health Management Program Guide

| Week | Minimum Number of Contacts | Topic Discussion | Corresponding Pages |
|------|----------------------------|---|---------------------|
| 1 | 1 | Getting Started – What You Need to Know What is prehypertension? Symptoms and causes Risks of high blood pressure | 2 – 5 |
| 2 | 1 | How to Monitor and Record your Blood Pressure What affects blood pressure readings Correct measurement and recording at home | 6 – 8 |
| 3 | 1 | Understanding your Risks Uncontrollable risk factors Controllable risk factors and lifestyle | 9 – 11 |
| 4 | 1 | Focusing on Change DASH diet How to make lifestyle changes | 12 - 14 |
| 5 | 1 | Prehypertension and Exercise Exercise and blood pressure How to set up an exercise routine Tips to avoid injury | 15 – 19 |
| 6 | 1 | Maintaining Healthy Habits Progress review Health coach correspondence | 20 |