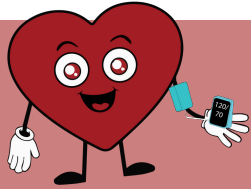


LOVE YOUR HEART



READ YOUR BEATS



Dear Community Member,

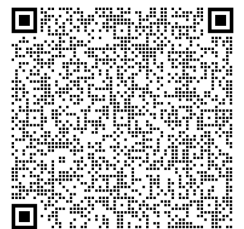
Thank you for stopping by our Read Your Beats table to learn more about how to support your heart health.

According to the American Heart Association, checking your blood pressure can help you avoid a stroke and add up to 5 years to your life. We encourage you to **“Read your Beats”** today to understand what your blood pressure is saying.

On this table, you can find the following resources:

1. Instructions on how to check your blood pressure with our free-to-use blood pressure monitor. This tool will help you know your blood pressure and what those numbers mean. We encourage you to share your results with a medical professional or your primary care provider to learn more. If you don't have a primary care provider, please call 2-1-1 San Diego to get connected!
2. General resources about heart health. Feel free to take photos of the resources or use the QR code on the table to go to our Read Your Beats webpage to find digital copies of the resources so you can save them for the future. You can also visit <https://www.livewellsd.org/events/love-your-heart/read-your-beats>
3. An evaluation form – please let us know how your experience interacting with the table was so we can continue making it better every year. We also encourage you to share some information about yourself. This helps us know who was able to benefit from having this blood pressure screening table at this site. When you complete the form, please turn in your form to library staff who can provide you with an incentive.

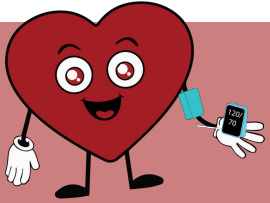
For more details about Read Your Beats and other libraries hosting these tables, check out our website (or scan the QR code):
<https://www.livewellsd.org/events/love-your-heart/read-your-beats>.



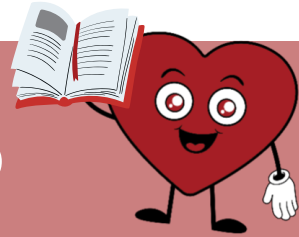
Thank you and have a great day!



LOVE YOUR HEART



READ YOUR BEATS



Learn to read the rhythm of your heart to prevent heart disease and stroke!

- ♥ Visit libraries across San Diego County to take your blood pressure and receive heart health educational material.
- ♥ This program is FREE with opportunities to receive an incentive for participating!
- ♥ Campo, Bonita-Sunnyside, Pine Valley, and more!

Scan the QR code or visit the website below to see all participating libraries.



LoveYourHeartSD.org



**LIVE WELL
SAN DIEGO**



Thank you for using the blood pressure monitor at your local library.
We would greatly appreciate your input regarding your experience.

Please submit this form to the front desk to receive an incentive. Thank you!



Please rate your response 1 - 5 for each question.	1 Very Difficult/ Unlikely	2 Somewhat Difficult/ Unlikely	3 Neutral	4 Somewhat Easy/Likely	5 Very Easy/Likely
1. How easy was it for you to use the blood pressure monitor provided?					
2. How likely are you to come back and use the blood pressure monitor again?					
3. Do you have any additional feedback about your experience?					

OPTIONAL: This section is not required.

Please provide more details about yourself by answering the questions below.

What is your age?

What is your zip code?

What language do you speak at home?

What is your gender?

- Male
- Female
- Non-binary
- Prefer not to say

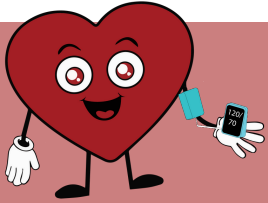
What is your race?

- American Indian or Alaska Native
- Asian
- Black or African American
- Middle Eastern
- Native Hawaiian or Pacific Islander
- Spanish Origin
- White
- Other: Prefer not to say

What is your ethnicity?

- Hispanic or Latino
- Non-Hispanic or Latino
- Prefer not to say

LOVE YOUR HEART

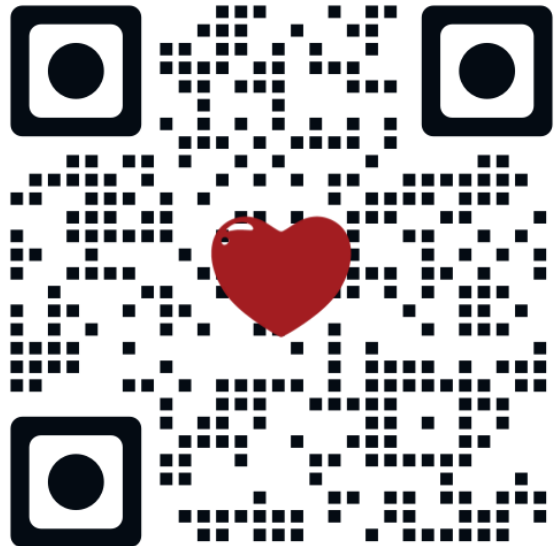


READ YOUR BEATS

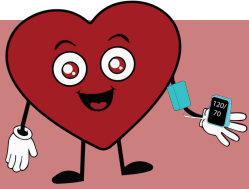


Live Well San Diego
**Read Your Beats
Website**

**Read Your Beats
Evaluation Form**



LOVE YOUR HEART



READ YOUR BEATS



Frequently Asked Questions (FAQs)

1. What is Read Your Beats?

- The Read Your Beats program is a partnership with libraries across the County of San Diego, where libraries have a passive/unstaffed resource table for the community to self-assess their blood pressure using free-of-charge blood pressure monitors.

2. What is the expectation of participating libraries?

- All libraries participating in Read Your Beats will host a passive/unstaffed table during their normal operating hours for the entire campaign period scheduled from February 14th to February 29th, 2024.

3. What is the expectation of participating library staff?

- To set up and shut down the passive table in a designated visible space in your library and display the blood pressure monitor and provided Read Your Beats materials on the table.
- Collect evaluation forms and provide incentives to the community.

4. Does there need to be designated staff to watch over the blood pressure monitor table?

- No, library staff does not need to be there to watch over the table. This is meant to be a self-administered blood pressure screening tool.

5. What is the Read Your Beats evaluation form?

- It is a 9-question evaluation form that asks participants about their experience using the blood pressure monitor and include 6 *optional* questions asking the participant about themselves.

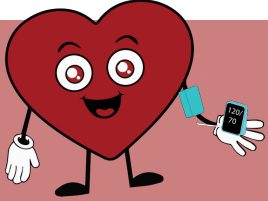
6. Are participants required to complete the blood pressure monitor evaluation form?

- Participants are highly encouraged to complete the form, but it is *not required*.

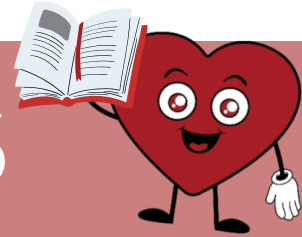
7. What do we do with the blood pressure monitor evaluation forms?

- If people complete the evaluation forms using a paper copy, have them bring it over to the front desk and provide them with an incentive.
- Store the completed paper evaluation forms in a safe space, and at the end of the program in February, scan them and send them to Denise Marquez (email: denise.marquez@sdcounty.ca.gov).
- If people complete the evaluation form online via the QR code, they can show proof of completion at the front desk, and you can provide them with an incentive.

LOVE YOUR HEART



READ YOUR BEATS



Frequently Asked Questions (FAQs) continued

8. Where do we get the blood pressure monitor evaluation forms?

- We can send a PDF of the forms for you to print out or access them in the Read Your Beats Toolkit on the Read Your Beats website.

9. What information does the Read Your Beats toolkit include?

- Read Your Beats community letter that provides the purpose of the passive/unstaffed table, RYB Promotional Flyer, RYB Evaluation Form, and RYB FAQs.

10. What information do the educational packets include?

- The educational packets include the following information: Improving your blood pressure, how to understand your blood pressure numbers, how to measure blood pressure, and blood pressure guidelines.

11. What do we do with the educational packets?

- Display educational packets next to the blood pressure monitor device for participants to take.

12. Does my library need to buy incentives?

- No, the *Live Well San Diego Support Team* will provide your library with incentives. There is no need for you to buy incentives separately.

13. What happens if our blood pressure monitor is stolen or misplaced?

- Please contact denise.marquez@sdcounty.ca.gov, and we can follow up on the situation.