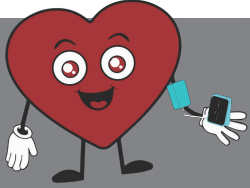


LOVE YOUR HEART



READ YOUR BEATS



Frequently Asked Questions (FAQs)

1. What is Read Your Beats?

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

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 to help promote heart health.

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 Love Your Heart materials on the table.
- Please ensure the Read Your Beats QR Code flyer is printed and displayed on the table. Participants are highly encouraged to complete the forms, but are not required.

4. Where can participating libraries find materials to display?

- Heart health resources, guides, and editable campaign materials are available in the Promotional Toolkit at LoveYourHeartSD.org.

5. Have further questions?

- Contact LoveYourHeartSD.HHSA@sdcounty.ca.gov