

Love Your Heart 2018 Checklist

Items Needed for Screening Sites:

- Medical Volunteers to conduct blood pressure screenings
- Designated volunteer(s) to enter surveys using Survey123 App on mobile device(s)
- General Volunteers to guide individuals through the screening process and distribute educational materials
- Blood pressure cuffs and stethoscopes
- First-aid kit
- Mobile devices or a laptop computer
- Tables and chairs so those being screened can sit
- Clipboards, pens and/or pencils
- The ability to print documents from “Love Your Heart Partner Portal” at LoveYourHeartSD.org prior to the day of the event.

Educational Materials for Screening Sites*:

- [2018 Blood Pressure Guide](#) (Double Sided English/Spanish)
- [Quick Reference Guide for Medical Workers](#)
- Heart Health Tips in [English](#), [Spanish](#), [Somali](#), [Arabic](#), and [Vietnamese](#)
- American Heart Association Handout – [What is Blood Pressure?](#)
- American Heart Association Handout – [How Can I Reduce High Blood Pressure?](#)
- American Heart Association Handout – [How Do I Follow a Healthy Diet?](#)
- American Heart Association Handout – [What About African Americans and Blood Pressure?](#)

*The above educational materials along with other promotional items (i.e. posters, flyers, directional signs, etc.)

are available to print from LoveYourHeartSD.org, click on “Promote Love Your Heart” icon

