

Self-Monitoring Blood Pressure Program (SMBP)

Self-Measured
Blood Pressure
Program



Do you have high or low blood pressure?

Give us a call to talk about the Lafayette County Health Department's Self-Monitoring Blood Pressure Program (SMBP).

Join the program with a \$20 security deposit!

(refunded once the machine is returned)

What will you receive by joining the 4 week Self-Monitoring Blood Pressure Program (SMBP)?

- A certified automatic blood pressure cuff.
- Weekly check-in from a Public Health Nurse to review your measurements and answer questions or address concerns.
- At the end of the program, we can help you find a health care provider if needed.