

HALT offers the Hypertension Program and other evidence-based chronic disease interventions through an accessible online platform, designed to provide equitable and affordable access to life-saving health education and promotion.



Hypertension Program

The Hypertension program emphasizes comprehensive blood pressure management through **education and lifestyle modifications**. It covers topics including blood pressure monitoring, medication adherence, physician communication, physical activity, stress reduction, and the DASH diet. The Hypertension program aims to **empower individuals** in making **sustainable lifestyle changes** for managing hypertension effectively and improving overall well-being.

Sample Lessons

- Introduction to Hypertension
- Blood Pressure Monitoring
- Blood Pressure Treatments
- Physician Monitoring, Medications, and Follow Up
- DASH (Dietary Approaches to Stop Hypertension)
- Physical Activity
- Heart Health
- Managing Your Cholesterol
- Reducing Stress
- Adding Variety to Exercise



**Over 50 Online
Lessons**

**This program is
customizable!
You choose the
duration and
content to best serve
your populations.**