Blood Pressure Care Kit

SKU #34450
- Short Story on Blood Pressure
- Goal 1 - Flowing Water
- Goal 2 - Stretchy Arteries
- Goal 3 - Open Arteries
- You’re In Charge
- Log Book
- How to Take Your BP, Step X Step
- Wrist Auto BP Monitor*
- How to “Watch What You Eat Poster”
- “It’s Just 40 Minutes” Exercise Poster
- Fast Food “AdVisor”
- How to Stop Smoking
- “From Stress to Calm” Card
- Pedometer w/Instructions
- 14-Dose Pill Organizer

“From Stress to Calm” Card

“Every patient I counsel has asked me why I use the SelfCareKit. They describe it as a ‘lifeline’ to an improvement in their blood pressure.”

- Dr. Susan Towell, MD

“Worth the price. It is a remarkable product, giving reliable service.”

C. von Huene, M.D.
Lovelace Hospital
Albuquerque, NM

Results

NW Community Hospital of Arlington Heights, IL used the SelfCareKit for their Employee Wellness Program. The year before, telephone coaching and visits for employee wellness had failed. A 93% decrease in employee blood pressure resulted from the use of SelfCareKit.

“Is it very simple to use. I just slip on the cuff and inflate it myself. It has been well worth the price. It is a remarkable product, giving reliable service.”

“From Stress to Calm” Card

“Every patient I counsel has asked me why I use the SelfCareKit. They describe it as a ‘lifeline’ to an improvement in their blood pressure.”

- Dr. Susan Towell, MD

“Worth the price. It is a remarkable product, giving reliable service.”

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