Sana
LIFESTYLE

Take care of your heart — it takes care of you.



The changes your physician recommends — made simple, one step at a time, with the support to make them stick.

Free program

Sana Heart Health Program
Based on the 2025 AHA / ACC High Blood Pressure Guideline

Measuring BP at home

The American Heart Association's method — a reading taken any other way can be out by 10 mm Hg or more.



1. **Upper-arm cuff**, right size for your arm. Omron, A&D Medical or Microlife. Not a wrist, finger or watch device.
2. **Before you measure:** morning, after emptying your bladder, before medication or food. No caffeine, smoking or exercise for 30 min. *If it has to wait, don't let your medication wait too.*
3. **Sit** with your back supported, feet flat, legs uncrossed. Rest 5 minutes first.
4. **Cuff on a bare arm**, bottom edge just above the elbow, arm resting on a table so it's level with your heart.
5. **While it reads:** don't talk, use your phone, or watch TV.
6. **Two readings, a minute apart, at the same time each morning.**

Call 911 now

if you have any of these symptoms:

- **chest pain**
- **shortness of breath**
- **weakness or numbness**
- **trouble speaking**
- **a change in vision**

Source: AHA / ACC High Blood Pressure Guideline, 14 Aug 2025 (Table 12; measurement from Figure 4). Exact wording: sanalifestyle.com/guideline. Vessel-lining evidence: Gkaliagkousi et al., J Hypertens 2009;27:2310–2320; Papada et al. (HINTreat), Nutrients 2020.

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Ready to start? It's free.

Here's what you get:

- ✓ **Support to make change stick** — personalized to your Change Type, so the plan fits how you change.
- ✓ **Daily blood-pressure and activity tracking** in the app — easy, it shows you how.
- ✓ **A personal coach** — a welcome call to set you up, then text support any time.
- ✓ **Weekly webinars** for knowledge and inspiration.
- ✓ **A buddy and support circle** *(optional)* — people like you, on the same journey.

You'll need an upper-arm BP cuff for your daily readings.

Scan the code, or go to
sanalifestyle.com/start

Code: PILOT

About 2 minutes.