

Love Your Heart 2019 Checklist

Items Needed for Screening Sites:

- Medical Volunteers to conduct blood pressure screenings
- Designated volunteer(s) to enter surveys using SurveyMonkey on mobile device(s)
- General Volunteers to guide individuals through the screening process and distribute educational materials
- Blood pressure cuffs and stethoscopes
- Mobile devices or a laptop computer
- Tables and chairs (two chairs per medical personnel) 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*:

- [2019 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



Materials can be picked up at the following locations:

North Central:

Manpreet Mumman	Monday, Feb. 4th – Friday, Feb. 8th 8:30am – 4:00pm	5055 Ruffin Rd. San Diego, CA, 92123	Manpreet.Mumman@sdcounty.ca.gov or call to schedule a pick up date/time: (Office) (858) 573-7346 (Cell) (619) 995-0413
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East:

Manpreet Mumman	Monday, Feb. 4th – Friday, Feb. 8th 8:30am – 4:00pm	367 N. Magnolia Ave, El Cajon, CA 92020	Manpreet.Mumman@sdcounty.ca.gov or call to schedule a pick up date/time: (Office) (858) 573-7346 (Cell) (619) 995-0413
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South:

Lizbeth Lopez	Monday, Feb. 5th 8:30 am – 4:00 pm Tuesday, Feb. 5th 9:00 am – 4:00 pm Wednesday, Feb 6th 8:30 am – 4:00 pm	690 Oxford St. Chula Vista, CA 91911	Lizbeth.Lopez@sdcounty.ca.gov or call to schedule a pick-up date/time: (619) 985-6942
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Central:

Melina Rivera	Monday, Feb. 4th 9:00 am – 1:00 pm Tuesday, Feb. 5th 9:00 am – 4:00 pm Thursday, Feb. 7th 9:00 am – 1:00 pm	4305 University Ave. Suite 400 San Diego, CA 92105	Melina.Rivera@sdcounty.ca.gov or call to schedule a pick-up date/time: (619) 521-7488
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North Inland:

Martha (Solorzano) Guzman	Monday, Feb. 4th – Friday, Feb. 8th 8:30am – 4:00pm	649 West Mission Ave Escondido, CA 92025	Martha.Solorzano@sdcounty.ca.gov or call to schedule a pick-up date/time: (760) 405-5911
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North Coastal:

Chiara Leroy	Monday, Feb. 4th – Friday, Feb. 8th 8:30 pm – 4:00pm	3609 Ocean Ranch Blvd Suite 104 Oceanside, CA 92056	Chiara.Leroy@sdcounty.ca.gov or call to schedule a pick-up date/time: (760) 573-3945
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North Inland & North Coastal:

In-person Site Coordinator Training* Thursday, Jan. 31st 1:00 pm – 2:00 pm *Materials will be distributed after the training.	North Inland Live Well Center – Grand Ave Room C 649 West Mission Ave, Escondido, CA 92025	RSVP by 01/29 via: SurveyMonkey Questions: Chiara.Leroy@sdcounty.ca.gov Martha.Solorzano@sdcounty.ca.gov
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