



LIVE WELL
SAN DIEGO

LOVE YOUR HEART

Love Your Heart Frequently Asked Questions

Love Your Heart is an annual event in which organizations from across the U.S. and Mexico join together to provide free blood pressure screenings on Valentine's Day, February 14. Your organization will help individuals in the community get to know their blood pressure numbers and take charge of their own heart health.

1. How do I register my organization to participate in the 2019 Love Your Heart Event?

It's easy! Go to www.LoveYourHeartSD.org and click on the **Register Your Site** icon.



2. What is needed to be a screening site?

Screening sites need the following:

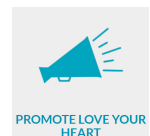
- Medical volunteers* to conduct blood pressure screenings
- Designated volunteers* to enter surveys using Survey Monkey on mobile devices
- General volunteers* to guide individuals through the screening process and distribute educational materials
- Manual blood pressure cuffs and stethoscopes
- Mobile devices or a laptop computer
- Tables and chairs for those being screened
- Clipboards, pens and/or pencils
- The ability to print documents from the "Love Your Heart Partner Portal" at LoveYourHeartSD.org prior to the day of the event.

*Many participating sites use medical volunteers from their organizations - but we have a pool of medical and general volunteers who may help to provide screenings at your site. If you need medical volunteers to staff your site, please indicate this when you are registering your site (you will be asked questions about this).

3. Where do I find promotional materials for the event?

The Love Your Heart team will provide a limited supply of educational materials and promotional items. Registered sites will receive information from the Love Your Heart team on the location to pick up these items. Educational materials and other promotional items (i.e. posters, flyers, etc.) are also available to print from www.LoveYourHeartSD.org.

To find the most up-to-date materials, click on the "**Promote Love Your Heart**" icon



Education Materials are listed below:

- [2019 Blood Pressure Guide](#) (Double Sided English/Spanish)
- 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?](#)

4. How do I promote my site so people will come to receive a blood pressure screening on my organization's event day(s)?

- The Love Your Heart website has an easy-to-use Social Media Kit to assist screening sites in getting the word out. The Social Media Kit can be found [here](#).
- An organization may promote the event using flyers, posters, email or other organizationally approved media.
- Additionally, the County of San Diego and its partners will be holding a media event on Friday, February 8th that all Love Your Heart partners are welcome to attend--details can be found [here!](#) And keep an eye out for our Love Your Heart announcements on Channel 10 and on the radio.

5. Who do I contact if I have more questions?

We are happy to help! Simply email your questions to LoveYourHeartSD@sdcounty.ca.gov . Please include your contact information should we need to reach you: Name, phone number(s) and the best time to return your call.