



Diseases of the Heart

are the top causes of death
in Manitowoc County

284 Residents
died in 2022

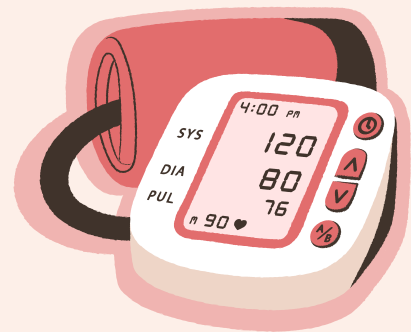
Do you know your numbers?

Check your blood
pressure today!

Self-Measured Blood Pressure Program

New at the Manitowoc County Health Department!

Self-Measured Blood Pressure (SMBP) devices are available for Manitowoc County residents to monitor their blood pressure in the convenience of their home.



How Does it Work?

1. Call or visit the health department.
2. Meet with one of our Public Health Nurses.
Learn how to use the device and about heart health.
3. Give a **\$10 returnable** deposit and take home the device to use for 2-4 weeks.
4. After 2-4 weeks, return the device to the health department and talk about the results with a nurse.
5. Pick up your \$10 deposit!

Available to everyone

regardless of insurance status

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One-on-one conversations with our nurses

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Promotes heart health in the community

Program developed with support from the American Heart Association.

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