

HEALTH COACHES FOR HYPERTENSION CONTROL



Health Coaches for Hypertension Control (HCHC)* is an 8-week evidence-based course for people with high blood pressure (HBP) or at risk of HBP. The classes educate patients on lifestyle choices, focusing on several areas of self-care to help them reduce risk and lower blood pressure. Courses are offered in 8 counties across Montana. Please click on this link and go to the Hypertension tab for information for each county:

[Community Programs Map](#)