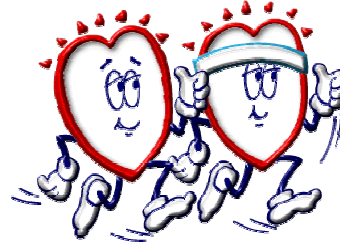


The Beat Goes On



Administrative Instructions

Supplies

- “The Beat Goes On” Registration form. This includes a Blood Pressure Log
- Accessible Blood Pressure Cuff. A battery powered cuff that goes around the arm is recommended.

Launch

- Designate a specific time period to launch the program (2-3 days), with specific blocks of time. Recommended, but not mandatory.
- Associates fill out the registration form and turn that in to the administrator for record of beginning blood pressure

Directions

- Launch the program
- Provide weekly tips for blood pressure improvement
 - Provided by One Stop Wellness (on the web site, www.1stopwellness.net)
 - Can e-mail this, pass out copies, or post
- End the program
- Credit is awarded if any or all the numbers improve
- Some may choose to put all the names of those who received credit in a hat and draw for a winner. This is optional, but not mandatory
- Turn in the names of those who received credit to Jeanie Kelley, your Corporate Wellness Coordinator

Ending

- Designate a specific time period to end the program (2-3 days), with specific blocks of time. Recommended, but not mandatory.
- Associates return for a final blood pressure check during the designated time period.