

# High Blood Pressure

## Free Blood Pressure Screening & Monitoring

**The Bain Center**  
1st & 3rd Thursdays, 10 am–noon

**Elkridge Library**  
2nd Tuesdays, 1–3 pm

**Ellicott City Senior Center**  
Tuesdays, 9 am–noon

**Glenwood Library**  
1st & 3rd Mondays, 3:30–5:30 pm

**HCGH Wellness Center**  
Wednesdays, 3–6 pm

**The Mall in Columbia**  
2nd Tuesdays, 8–10 am

**Savage Library**  
2nd Mondays, 10 am–12 pm

**Western Howard County Senior Center**  
2nd & 4th Tuesdays, 9–11 am

- ◆ Many faith-based organizations also provide blood pressure screening. Please check with your local congregations to see if they offer screenings.

## Home Blood Pressure Monitoring

- ◆ Blood pressure cuffs can be purchased at pharmacies and other retailers. No prescription is needed and costs range from \$20–\$120. When a specific type of machine is required and a physician writes a prescription, insurance may cover the cost. Ask your provider if home monitoring is right for you.

## What is High Blood Pressure?

Blood pressure is the force of blood against your arteries as the blood circulates throughout your body. High blood pressure, also called hypertension, occurs when the pressure level stays high for a long period of time without falling to a normal level. This can lead to serious health conditions such as heart disease and stroke. Managing your blood pressure is key to a healthy heart.

	Systolic (top #)		Diastolic (bottom #)
<b>Normal</b>	<120	and	<80
<b>Pre-hypertension</b>	120-139	or	80-89
<b>Stage 1 Hypertension</b>	140-159	or	90-99
<b>Stage 2 Hypertension</b>	≥160	or	≥100

## Local Programs

### Living Well: Take Charge of Your Health

The Living Well: Take Charge of Your Health program is a 6-week workshop, developed by Stanford University, for people living with one or more chronic conditions. Living Well participants can experience improvement in their overall quality of life, reduced health complications and reduced need for emergency care. The program offers ways to deal with problems often associated with chronic illnesses, including frustration, fatigue, pain, and isolation. This program is also offered in Korean and Chinese.

**Cost:** \$28

**Contact:** Maryland Access Point, 410-313-5980 (voice/relay), map@howardcountymd.gov, [www.howardcountymd.gov/livingwell.htm](http://www.howardcountymd.gov/livingwell.htm)

### Maryland University of Integrative Health, Natural Care Center

Maryland University of Integrative Health, Natural Care Center offers treatment in acupuncture and Chinese herbs, consultations in nutrition, western herbal medicine and yoga therapy, all of which can aid in addressing high blood pressure. Affordable services are provided by graduate student interns and licensed or certified faculty practitioners.

**Contact:** naturalcarecenter@muih.edu, 410-888-9048 ext. 6614, [www.muih.edu](http://www.muih.edu)

### Howard County General Hospital, Wellness Center

Howard County General Hospital (HCGH) regularly offers screenings for chronic diseases such as hypertension, diabetes, and related conditions. Please visit the HCGH classes and events website for a complete list of upcoming screenings: [www.hcgh.org/classes\\_events/](http://www.hcgh.org/classes_events/)

# Free Blood Pressure Monitoring Machines

The following locations have blood pressure machines in their pharmacy areas where you can check your blood pressure at no cost. Please call to verify before going.

## CVS

6480 Old Waterloo Road  
Elkridge, MD 21075  
410-799-0291

3300 Centennial Lane  
Ellicott City, MD 21042  
410-750-9439

## Rite Aid

8601 Baltimore Nat'l Pike  
Ellicott City, MD 21043  
410-480-1377

7270 Montgomery Road  
Elkridge, MD 21075  
410-796-3344

9150 Baltimore Nat'l Pike  
Ellicott City, MD 21042  
410-465-4666

## Wal-Mart

3200 North Ridge Road  
Ellicott City, MD 21043  
410-418-9703

## Weis Markets

9250 Washington Blvd.  
Laurel, MD 20723  
301-362-7304

## Giant Food

7200 Cradlerock Way  
Columbia, MD 21045  
410-290-7013

8805 Center Park Drive  
Columbia, MD 21045  
443-364-5180

6480 Freetown Road  
Columbia, MD 21044  
410-531-1111

4715 Dorsey Hall Drive  
Ellicott City, MD 21043  
410-379-6607

6020 Marshalee Drive  
Elkridge, MD 21075  
410-379-6607

## Safeway

4370 Montgomery Road  
Ellicott City, MD 21043  
410-203-1212

5485 Harpers Farm Road  
Columbia, MD 21044  
410-740-3332

10000 Baltimore Nat'l Pike  
Ellicott City, MD 21042  
410-750-3002

## Harris Teeter

11075 Resort Road  
Ellicott City, MD 21042  
410-313-8215

8620 Guilford Road  
Columbia, MD 21046  
410-290-6751

8184 Westside Blvd.  
Fulton, MD 20759  
301-362-5765

## Walgreens

*Walgreens does not have public machines, but the pharmacist will check your blood pressure if you sign a consent form.*

5585 Twin Knolls Road  
Columbia, MD 21045  
410-730-2789

12400 Auto Drive  
Clarksville, MD 21029  
410-531-6030

10097 Baltimore Nat'l Pike  
Ellicott City, MD 21042  
443-973-3339



## On-Line Educational Information

- ◆ Watch, Learn and Live, the Interactive Cardiovascular Library from the American Heart Association and the American Stroke Association: [www.watchlearnlive.heart.org](http://www.watchlearnlive.heart.org)
- ◆ American Heart Association: [www.heart.org/highbloodpressure](http://www.heart.org/highbloodpressure)
- ◆ American Stroke Association: [www.strokeassociation.org](http://www.strokeassociation.org)