

Virtual Training Basics:

BPSM Healthy Heart ambassadors

Thank you for registering for the Healthy Heart Ambassador Virtual Training. To ensure your environment is conducive to a successful virtual training experience, please take the additional steps outlined below:

**The following equipment/skills will be needed for the virtual training:**

* Computer with audio capabilities and webcam (preferred)
* Computer charger
* Dependable Wi-Fi connection
* Note taking materials (pen, paper, etc.)
* Blood pressure cuff with fresh batteries
* Sturdy chair with flat back (for BP reading demonstrations)
* Small table (for BP reading demonstrations)
* Headphones (optional)
* Familiarity with ZOOM or other virtual meeting platforms
* and BP reading behaviors from an office visit

**In addition to the equipment, please take the following into consideration when finding the right space to participate in the training**:

* A location that will allow for ample uninterrupted time
  + Avoid distractions (ex: phones, tv, family members, pets, etc)
* A location that will provide enough space so your full body can be seen by the trainer while you demonstrate proper blood pressure form and technique.
  + Please watch the video of proper positioning prior to the training
* Please note: You may be asked to send a video of yourself demonstrating the proper way to put a cuff on a participant.