

Nutrition Support for Hypertension at CHA



CHA Heart Smart

Checking, Rechecking and Following Up on your blood pressure.

Eating a healthy diet can help manage blood pressure.

If you are a Tufts Health Together with CHA member with high blood pressure or hypertension, and are experiencing food insecurity, you may qualify to receive nutrition support from CHA.

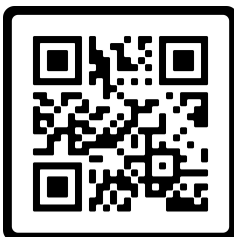


The Tufts and Cambridge Health Alliance Health Related Social Needs (HRSN) program supports [Tufts Health Together with CHA](#) members who are experiencing food insecurity by providing access to healthy foods.

Services may include:

- Home-delivered medically tailored meals OR groceries
- A prepaid debit card to purchase fresh fruits and vegetables

Speak with a member of your primary care team to find out if you are eligible. You can also email HRSNservices@challiance.org or call 781-338-0397 to find out more.



www.challiance.org/services-programs/primary-care/hypertension