

Get Your Blood Pressure Checked

Nearly half of Americans have high blood pressure. Are you among them?



*On-site and Off-site Blood Pressure Screenings Are Available

Visit the Healthy at Hopkins portal to schedule an on-site screening in February or March or to access the off-site screening form.



*On-site screening events are available for the following employees:

- Johns Hopkins Health System benefits-eligible employees who are enrolled in one of the following plans:
 - Johns Hopkins Employer Health Programs (EHP) medical plan (EPO, PPO or DPC)
 - Kaiser Permanente HMO medical plan
 - Allegiance medical plan (OAP or CDP)

If you do not belong to one of the coverage plans above but are eligible for Healthy at Hopkins rewards, you can have your blood pressure checked using the [off-site form](#).

Whether you are screened on-site or off-site, you can only receive rewards points for one blood pressure screening during the 2025 program year.

For questions regarding privacy and confidentiality, please refer to the Equal Employment Opportunity Commission notice on the Healthy at Hopkins portal.

Source: American Heart Association, www.heart.org. Copyright 2024.

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Submit an Off-site Blood Pressure Screening Form

Off-site screenings are available throughout the 2025 rewards program year and must be submitted using the [off-site form](#).

Scan the QR code to access the off-site form.



Whether you are screened at an on-site or off-site, you can only receive rewards points for one blood pressure screening during the 2025 program year.