



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY HEART AMBASSADOR

Job Title: **Healthy Heart Ambassador (HHA)**
FLSA Status: Part Time
Reports to: Erika Knott, Wellness Director

Job Grade: 9
Revision Date: 10/30/2019
Primary Function/Department: Wellness

POSITION SUMMARY:

This position supports the work of the Y, a leading nonprofit committed to strengthening community through youth development, healthy living and social responsibility. As a Healthy Heart Ambassador (HHA), you play an important role in supporting participants as they work to develop the behavior of self-monitoring and tracking their blood pressure. You will build relationships and create an environment that is encouraging and judgment-free.

OUR CULTURE:

Our mission and core values are brought to life by our culture. In the Y, we strive to live our cause of strengthening communities with purpose and intentionality every day. **We are welcoming:** we are open to all. We are a place where you can belong and become. **We are genuine:** we value you and embrace your individuality. **We are hopeful:** we believe in you and your potential to become a catalyst in the world. **We are nurturing:** we support you in your journey to develop your full potential. **We are determined:** above all else, we are on a relentless quest to make our community stronger beginning with you.

ESSENTIAL FUNCTIONS:

1. HHA should model and discuss proper techniques for monitoring blood pressure
2. Enroll participants which includes: making sure the participant qualifies, completing forms & collect an initial reading
3. Take and record participant's blood pressure during Office Hours
4. Encourage regular monitoring of blood pressure.
5. A HHA will send weekly support messages to an assigned group of participants.
6. Recruit new participants
7. Present monthly Nutrition Seminar
8. Attend monthly meetings
9. Collect health information and keep it confidential
10. Asks and answers questions from program participants and members to support them in achieving their goals related to health and well-being.
11. Maintains working knowledge of blood pressure and trends to provide effective information and support to members.
12. Builds effective, authentic relationships with members; helps members and program participants connect with each other and the YMCA.
13. Observes and adjusts approach to support all participants' capabilities, physical conditions, health, and culture.
14. Celebrates achievement of program participants related to program or personal goals, mastering of specific skills or overall health and well-being.
15. Keeps accurate records.
16. Follows YMCA policies and procedures; responds to emergency situations.
17. Performs other duties as assigned.



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LEADERSHIP COMPETENCIES:

- Mission Advancement
- Collaboration
- Operational Effectiveness
- Personal Growth

QUALIFICATIONS:

1. Required certifications: CPR, First Aid, AED within 30 days of hire.
2. Orientation to Healthy Living at the Y & Foundations of Listen First within the first two weeks of hire
3. HIPAA Privacy & Security Training within the first two weeks of hire
4. Blood Pressure Self-Monitoring Program Healthy Heart Ambassador Training within the first two weeks of hire.

WORKING ENVIRONMENT & PHYSICAL DEMANDS

- The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.
- Ability to conduct classes and activities.
- Ability to perform all physical aspects of the position; including leading class, walking, standing, bending, reaching, and lifting.

SIGNATURE:

I have reviewed and understand this job description.

Employee's name

Employee's signature

Today's date: _____