



Healthy Life High Blood Pressure Program

Welcome to the Healthy Life High Blood Pressure Program!

We are thrilled that you have chosen to take this step to improve your health. It is a special program providing individualized care by a personal Care Coach, home blood pressure monitoring, along with regular care by your healthcare provider. The program is for six months and is completely free and voluntary.

Here is how the program works:

- As part of the program, you will be sent a blood pressure cuff and will be required to take your blood pressure twice a week from the convenience and privacy of your home. This will help your provider make the best recommendations for care.
- You will also have scheduled visits with your Care Coach to help with healthy life habits. These visits will occur from the comfort of home through our Cleveland Clinic Express Care Online service. You can connect live for your virtual visit with your Care Coach via a smartphone, tablet or computer. It is similar to using Skype or FaceTime.
- If you have a concern about your blood pressure, this is not an emergency response device and you should contact your doctor.

In this welcome packet you will find a sample goal setting and action plan sheet along with a list of useful resources to help you in the program.

We look forward to working with you.

Best in Health,
Your Care Team