

# Is a Self-Monitoring Blood Pressure Program Right for Your Patients?

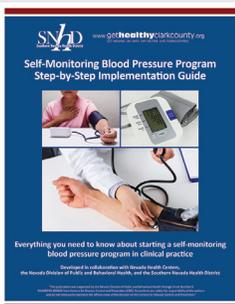
## TAKE ACTION

*Engage, Empower, and Lower Hypertension Risk in Patients*

### Why should patients self-monitor their blood pressure?

One in three American adults diagnosed and receiving treatment for high blood pressure do not have it under control. Self-monitoring blood pressure (SMBP) programs help empower patients to make hypertension control a priority. Patients enrolled in an SMBP program conduct at-home blood pressure measurements, record and track BP readings, and discuss results with their clinician during their medical appointment.

Measurements obtained by patients are not intended to replace clinical implications or clinical judgment. Clinicians customize the program to adequately address the individual needs of patients and reinforce that blood pressure can be improved with proper treatment and management.



### Self-Monitoring Blood Pressure Program Step-by-Step Implementation Guide

The Self-Monitoring Blood Pressure Program Step-by-Step Implementation guide is developed for use by health care professionals to empower patients to actively engage in blood pressure management. This comprehensive guide provides clinicians with clinical support resources for implementation with patients at-risk for or diagnosed with hypertension. The concept of an SMBP program can be integrated into clinical practice by application of the following elements:

- ✓ Training health care support team on patient enrollment, engagement, and education
- ✓ Identify a reliable self-monitoring blood pressure device
- ✓ Identify current health insurance coverage for SMBP or institute blood pressure loaner program
- ✓ Develop the enrollment criteria that meets patients' needs
- ✓ Enroll patients to be actively engaged in blood pressure management



## REQUEST A GUIDE

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