

# Did You Know Heart Disease and Stroke Are Leading Causes of Death in Ohio?

## For Healthcare Professionals:

Healthcare professionals can successfully integrate SMBP monitoring into care plans and workflows with our website by:

- Finding and connecting patients to **blood pressure monitors**.
- Strengthening practice communication through **remote tools and online resources for hypertension**.
- Finding programs to connect patients to **education and support** in their area.

## For Patients:

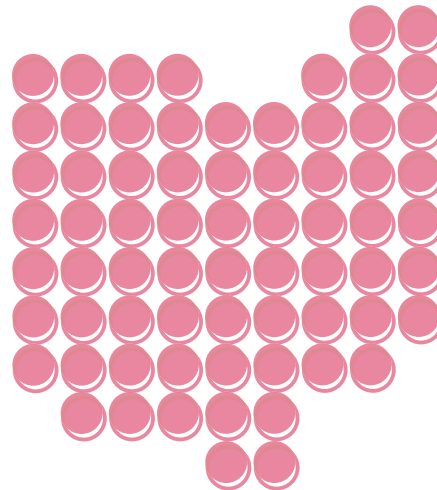
With our website, you will get access to resources for patients, so you can help them to easily monitor their blood pressure, putting them on a track toward a healthier future.

### Help patients learn about:

- Weight Loss.
- Stress Management.
- Healthy Eating.
- Tobacco Cessation.
- Physical Activity.

# Together, We Can All Move Toward a Healthier Ohio

Heart disease and stroke can be caused by multiple factors, including high blood pressure, also known as hypertension.



## Ready to Get Started Today?

Scan the QR code to be taken to the website or visit [ODH.Ohio.gov/Hypertension](https://ODH.Ohio.gov/Hypertension).



Department of Health

Cardiovascular Health Program  
Ohio Over Hypertension



# Monitoring Blood Pressure Together

With a new website to help establish self-measured blood pressure (SMBP) monitoring plans.

## Managing Hypertension with SMBP

SMBP monitoring plans, track a patient's blood pressure outside their doctor's office during day-to-day life, ultimately helping lower blood pressure. Use of a validated blood pressure monitor.

### An SMBP monitoring plan can include:

- Patient training on how to properly measure their blood pressure.
- Ways to communicate or share the readings with their provider.
- Utilization of other support programs online or in the patient's community.



## Easily Establish SMBP

### With the Ohio Over Hypertension Website

The new Ohio Over Hypertension website provides Ohio healthcare professionals with a comprehensive set of resources to help establish SMBP with your patients. Those resources include:

- Guides and checklists that make implementing SMBP easy.
- Trainings for both staff and patients.
- Listings for validated blood pressure measurement devices.
- Useful ICD-10 and CPT billing codes.

## Partner with Patients

### By providing education for SMBP success

The most successful implementations of SMBP come from a genuine partnership between a patient and their care team, which makes partnering with patients essential. To ensure that patients receive the training and resources they need to monitor their own blood pressure and report it consistently, the Ohio Over Hypertension website contains patient-centered resources like:

- Printable handouts from the CDC and other vetted sources to help patients manage hypertension.
- Digital guides for reading blood pressure.
- Trainings to help treat higher risk groups.
- Implementation guides that prioritize the patient experience.



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