

Enroll Today

And Receive A FREE Blood Pressure Machine

The **PMAG Start SMART Blood Pressure Control Program** is offered at no cost to HMSA and non-HMSA patients who have a diagnosis of Hypertension or elevated blood pressure. The program is available via telehealth and for patients referred by a PMAG physician.

HMSA Health Coaches and the program support a patient's journey to better health by focusing on blood pressure self-monitoring, medication, healthy eating, physical activity, and stress management.

STEP 1 PCP Referral

Ask your PMAG Primary Care Physician (PCP) for a referral to participate in the **PMAG Start SMART Blood Pressure Control Program**, or call Partners for Quality Health at 808-859-8125 to self-refer.

STEP 2 Patient Registration

A Start SMART program Health Coach begins phone outreach to each patient within a couple days of receiving the referral from the PCP. Patients can register for the Start SMART program at any time.

STEP 3 Health Education

Start SMART registered participants may choose between online educational resources (video presentation, handouts and website links) sent via email or educational materials sent via the U.S.

STEP 4 Self-Monitoring

A complimentary blood pressure monitor is shipped to each Start SMART program participant's home within two weeks of registration. All participants are provided instruction for proper BP monitor use and encouraged to monitor their BP at home regularly.

STEP 5 Health Coach Support

HMSA members receive health coaching follow-up sessions (via phone or video-chat) while participating in the Start SMART program. These sessions are tailored to accommodate each participant's schedule and to achieve SMART Goals (Specific, Measurable, Achievable, Relevant, Time-specific) focused on healthy lifestyle habits. Referring physicians receive updates on their HMSA patients' progress from the Health Coach. Non-HMSA patients work directly with their PCPs to achieve individual health goals.

**Start SMART
Today!**

Ask your PMAG Primary Care Physician to refer you to this program.
Or Call To Self-Refer: Partners for Quality Health at 808-859-8125.