

Enroll and Receive a FREE Blood Pressure Machine!



The **PMAG Start SMART Blood Pressure Control Program** is offered at no cost to HMSA patients who have a diagnosis of Hypertension or elevated blood pressure.

- The program is available via telehealth and for patients who are 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.

How it works:



PCP or patient self-referral welcome.



Upon referral, a health coach from HMSA will contact the patient and provide video links and educational materials via email.



Enrolled patient will also receive a FREE blood pressure monitor for home use.

Ask your PMAG Primary Care Physician (PCP) for a referral

Or CALL 808-859-8125 to Self-Refer