



BLOOD PRESSURE MANAGEMENT PROGRAM

Dear State of Montana Benefit Plan Member,

State of Montana Benefit Plan (State Plan) Members with a diagnosis of hypertension, are eligible to participate in the Blood Pressure Management Program, which includes a free Bluetooth enabled blood pressure cuff and free blood pressure monitoring. CareHere, in partnership with the State Plan, is excited to offer this program to ALL plan members who have a diagnosis of hypertension, REGARDLESS of if they have access to one of the Montana Health Centers!

To enroll, members and their providers will be required to complete, sign, and return the Blood Pressure Management Enrollment Form via email to RemoteMonitoringMT@CareHere.com.

The Blood Pressure Management Program provides hypertensive patients with:

- A Bluetooth Blood Pressure Cuff
 - This will be the members to keep even after completing the program.
- The iHealth My Vitals App
 - Members will receive education on how to correctly take their blood pressure and how to sync their new Bluetooth blood pressure cuff with the blood pressure monitoring app on their smart device.
- Remote Blood Pressure Monitoring
 - The iHealth My Vitals App automatically analyzes blood pressure readings and if a critical value is logged, the following happens:
 - Members receive an automatic alert giving them guidance on what their next steps should be.
 - The CareHere Remote Monitoring Care Team will receive an alert. The Care Team will out-reach to the member via the app, or by phone as needed within the next business day, to ensure they receive the appropriate follow up and care. If values remain abnormal, CareHere will notify the member's provider to request their assistance in providing the required care to work towards normalizing the member's blood pressure.

A member's progress will be assessed by the CareHere Remote Monitoring Care Team and the member's provider in hopes of the blood pressure, and overall health, improving. The goal is to work towards maintaining these improvements and eventually graduating from the program.

If you have any questions, please reach out to CareHere's remote patient monitoring team at RemoteMonitoringMT@CareHere.com.



855.200.6822 | CareHere.com | [CareHere App](#)

CareHere abides by all federal HIPAA and confidentiality regulations. © 2019 | Proprietary to CareHere, LLC | All rights reserved