



January 30, 2025

Do you have high blood pressure?

Join the Blood Pressure Management Program!

What's in it for you?

- Bluetooth Blood Pressure Cuff – yours to keep after you've completed the program.
- Remote Blood Pressure Monitoring through an easy-to-use phone app.



What's required?

- Enrollment in the State Plan
- History of high blood pressure or high blood pressure readings
- An account at mypremisehealth.com
- Referral to the program by your primary care provider*

**The primary care provider who refers you to the program does not need to be a Premise Health provider.*

Details

- The program is nine months long. You will work with a care team consisting of a Premise Health Registered Nurse and your primary care provider.
- The blood pressure cuff with Bluetooth capabilities is yours to keep after you complete the program!
- The phone app allows you to upload and share your blood pressure readings with your primary care provider to help guide your care plan.
- The app and the cuff give you the ability to track your blood pressure in real time so you can better understand how your daily choices may affect your readings.
- This program provides ongoing communication from your care team via phone and My Premise Health messaging.
 - Allows quick follow-up for any concerning readings
 - Ongoing encouragement and education
- Blood pressure education will be provided to you at one, three, six, and nine-month milestones.
- At nine months, you will discuss your goals with your primary care provider and determine if you're ready to graduate.

More information

Internet: benefits.mt.gov/Live-Life-Well/Wellness-Programs/Blood-Pressure-Management

Email: sm.ch.remotemonitoring@premisehealth.com

Telephone: (855) 200-6822



Operated by
Premise Health.



STATE OF MONTANA HEALTH CARE & BENEFITS DIVISION

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-270-3877 (TTY: 711).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-866-270-3877 (TTY: 711).

This service is provided to you at no charge by [State of Montana Health Care & Benefits Division](#).