

Study i22-00442

Program Information Video Script

Hello! I'm [Name], a Community Health Worker at NYU Langone Health, and I want to thank you for your interest in the remote blood pressure monitoring program at NYU [Faculty Group Practice]. This Hypertension Initiative is such an important step towards improving your heart health and lowering your blood pressure!

[If said by another staff: Hi, I'm [Name] and] I want to tell you more about our NYU research study called "Project ADHERE, or Addressing Disparities in Hypertension and Reducing Racial inequity through Engagement". This program is designed to help patients who identify as Black or African American to improve your ability to control blood pressure as well as to manage stress in your daily life.

You might be asking, "What do I get in this program?" The program involves taking your blood pressure from home using a monitor that we provide to you free of charge. A nurse will call you once per month to check in about your readings and provide health counseling. Community health workers like [myself/us] provide 6 virtual group education classes on controlling blood pressure, healthy eating, exercise, and stress management, as well as one-on-one support over the phone with referral needs and to help you achieve your health goals. We'll also ask you to take a survey at the beginning and end of the program to understand how well the program is working.

If you agree to participate, you will receive a MetroCard for any in-person meetings with our team and a total incentive of \$25 for your time to complete the 2 surveys.

[If said by another staff: Hi, I'm [Name] and] I encourage you to speak with our team or your doctor if you have any questions about joining this program. The greatest incentive is: you can improve your blood pressure, have a healthier body, and have improved health outcomes. And, also, there can be a better understanding between you and your health care provider as you gain more knowledge about how your blood pressure affects your whole body.

A member of our team will reach out to you soon about the program.

We look forward to working with you soon!