



# TAKE CONTROL OF YOUR HIGH BLOOD PRESSURE (HYPERTENSION).

Enroll in NYU Langone Health's  
Hypertension Initiative for Remote  
Blood Pressure Monitoring!

## What is the Hypertension Initiative?

The Hypertension Initiative is a remote blood pressure monitoring program that partners with your primary care provider and gives you additional support to manage your blood pressure.

This program gives you a chance to play an active part in managing your blood pressure, and is a step toward becoming a healthier you!



Scan the QR code  
for a video message  
from our team!

## Who is Eligible to Join?

You can join if you are an NYU Langone Health patient who:

- Is 18 years or older
- Identifies as Black or African American
- Has been diagnosed with hypertension by your provider
- Is currently taking high blood pressure medication(s)
- Has a blood pressure reading of 130/80 or higher at your clinic visit
- Has an active NYU Langone Health MyChart account

## What Will I Get if I Join?

- A free blood pressure monitor to use at home.
- Phone calls with a nurse for health coaching sessions once a month.
- Phone calls with a pharmacist to review your medications, if needed.
- Phone and video calls with community health workers (CHWs) for referrals and virtual health education.

Our goal is to improve your blood pressure by giving you tools and resources to prevent hypertension.

## What Are the Next Steps After Joining?



A program staff member will call you to review details about the program.



You will get your blood pressure monitor in the mail (if you did not get it during your clinic visit).



A CHW will call you to help you set up your monitor, if needed. You can start taking your blood pressure readings right away.



A nurse will call you to review your blood pressure readings, complete a questionnaire about your basic needs, and provide health counseling.



We will invite you to join virtual health education sessions. In these sessions, you will learn about ways to better manage your high blood pressure, including healthy eating and exercise.

**We look forward to working with you!**

**Contact Us:**

646-501-3526 • [BPaction@nyulangone.org](mailto:BPaction@nyulangone.org)