



# GET YOUR BLOOD PRESSURE (BP) UNDER CONTROL AND FEEL HEALTHIER!

Join our research study, Project ADHERE, to improve your health.



## **ADHERE** (Addressing Disparities in Hypertension and reducing Racial inequity through Engagement)

- Project **ADHERE** is a free hypertension management program for patients identifying as Black or African American and is designed to reduce racial disparities in blood pressure control. This is a research study in partnership with your NYU doctor.
- **Nurses, Pharmacists, and Community Health Workers (CHWs)** help participants manage hypertension and reduce stress.



## **Program Benefits**

- Receive a free home blood pressure monitor for easy BP tracking.
- Receive counseling from a nurse on taking your blood pressure medication and improving your lifestyle.
- Participate in tailored health education and coaching on diet & exercise by trained CHWs.
- Receive information on wellness, nutrition, and blood pressure management.
- Learn stress management strategies.
- Receive referrals to community/social services to meet your needs.



## **Get Involved**

For more information or to sign up, contact our team!

Our wonderful Community Health Workers – Linda Thompson, Vallyn Fleming, and Roger Abrams – are looking forward to meeting you!



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