

Common Questions

How long will I be in this program?

This depends on your personal needs. However, you can expect to spend 4-6 months in the program. If your blood pressure stays less than 130/80 for 2-3 months, you may be eligible to graduate from the program. The nurse case management team will partner with your primary care provider to help you achieve your health goals.

What if I no longer want to participate?

Your participation is totally voluntary. You can stop participating by letting any program staff member know. It can be your nurse, pharmacist, or CHW.

Is there a cost for participating in the program?

The blood pressure monitor you get from NYU Langone Health is free. The calls you have with your nurse are billed the same as a regular doctor’s visit. While it is expected that these services will be covered, the exact cost depends on your health insurance policy.

What if I have a very high blood pressure reading at home?

Our team will inform your primary care provider. A pharmacist may call you to ask about your medications and have you retake your blood pressure. Please note that the blood pressure monitor is not an emergency response unit. If your home blood pressure reading is above 180/110, you should seek medical care right away. Call 911 in the case of an emergency.

Talk to your primary care provider to find out if this program can help you.



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



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

For more information, contact:  
646-501-3526 • [BPaction@nyulangone.org](mailto:BPaction@nyulangone.org)



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JOIN THE  
HYPERTENSION  
INITIATIVE

The Hypertension Initiative is a remote blood pressure monitoring program. This program gives you a chance to manage your high blood pressure (hypertension) at home.







### Why Should I Join?

You will get the added benefit of partnering with your primary care provider. You will also get additional support to manage your blood pressure.

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

### Who Can Join the Program?

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 to Expect If I Join?

- You will use a blood pressure monitor to take your blood pressure at home. We will ask you to take your blood pressure twice a day. You will take it once in the morning and once in the late afternoon for 4 to 5 days each week. We will get these readings through your NYU Langone MyChart account.
- You will have monthly phone calls with a nurse to discuss anything related to improving your high blood pressure. Most patients meet with their nurse monthly for 4-6 months, depending on their needs. You may also meet with a pharmacist if you need to review your medications.
- You will get referrals and health education from your community health worker (CHW) team. We will refer you to social and health services, as needed. We will invite you to join monthly virtual health education sessions about heart health, nutrition, exercise, and stress management.

### What are the Benefits of Joining?

- You will be able to check your blood pressure in the comfort of your home.
- You will have better control of your health by keeping track of your blood pressure.
- You will have a better understanding of your “true blood pressure” by sharing your home blood pressure readings often with your provider and care team.
- You will get regular virtual visits with a dedicated care team to find ways to manage and improve your blood pressure.
- You may even feel more motivated to control your blood pressure by improving your diet, being more physically active, and taking your medications as prescribed.

### 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.

Committing to this program is important for improving your overall health.

