

PROVIDER & PRACTICE GUIDE

Easy-to-use
home blood
pressure
management
program and
reporting
system
for you and
your patients



WEEKLY PROVIDER REPORT

ESSENTIAL COMPONENTS

PROPER CUFF TECHNIQUES

WEEKLY PROVIDER REPORT

PATIENTS

- Enroll in Just Check It Registry (Justcheckit.org).
- Take their home blood pressure (BP) once a day at varying times.
- Report their average home BP every 2-4 weeks.
- Users can enter one average home blood pressure reading or a series of individual readings.
- Individual readings are averaged by the Registry system to generate one average home BP reading.

PROVIDERS

- Reports are faxed once a week (HIPAA compliant)
- Lists the average home BPs submitted by patients to the Registry in the past 7 days.
- Starts with a Summary Page of all reports from the last 7 days.
- Includes a more extensive report for each individual patient.

PRACTICE TEAMS

- Practice teams store individual weekly reports (e.g., scan into EMR, place in paper chart)
- If BP is below target, let the patient know you received report.
- Determine next steps:
- Start medication or change current dosage
- Encourage lifestyle behavior changes and goals
- Schedule follow-up appointment with patient
- Changes can be made between office visits to help better manage patients' BP over time

ESSENTIAL COMPONENTS

KNOWLEDGE

Average home blood pressure (BP) is better predictor of CVD risk than office BP.

Recommended home BP target is 135/85

IDENTIFY PATIENTS

Clinic team creates list of potential patients to enroll.

Patients tend to have uncontrolled high BP and are likely to use web-based reporting system.

ENROLL PATIENTS

Patients hears recommendation from PCP

Visit Justcheckit.org and facilitate online enrollment

ORIENT PATIENT

Train patient on how to use validated BP cuff

Reviews Tracking Log and online reporting tool using Justcheckit.org

LIFESTYLE SUPPORT

Review Lifestyle Management Booklet with patient

REPORT DELIVERY

Weekly Provider Report Fax

Faxes from JCI Registry sent to provider weekly

Fax includes: Summary page (by provider) and Individual patient reports (by provider)

REPORT STORAGE

Review faxed reports (of all averages or high averages)

Store reports as a scanned copy in EHR

REPORT FOLLOW UP

Review reports, take action upon BP results

Review non-reporters to encourage engagement

PROPER BLOOD PRESSURE CUFF TECHNIQUES

HOW TO USE YOUR ARM CUFF

- Slide cuff on with the tube running towards your hand.
Align red strip on edge of cuff with bend in your arm, where blood is drawn.
- Wrap the cuff around your arm.
- Leave 1 inch between the cuff and your elbow.
- Do not wrap the cuff too tightly.
- Two fingers should fit between the cuff and your arm.
- Support your arm at the level of your heart.



HOW TO USE YOUR WRIST CUFF

- Wrap the cuff around your wrist.
The display screen should be on the same side as your palm.
- Rest your elbow on your waist, display screen up.
- Support your elbow with your other hand.
- Bend your elbow, so that cuff is at the
same level as your heart and your forearm rests on your chest.
- Do not bend your wrist.

