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&

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Western States Affiliate
Check. Change. Control.® Lifecycle

GOAL:
Reduce participants’ systolic blood pressure by at least 10 Hg.

Enroll Participants to Track Weekly Readings for 4 Months

Assess results at end of 4-month initiative and encourage continued tracking

Community Partners with Shared Goals to Drive BP Control

Site provides education on reducing blood pressure

Site provides education on reducing blood pressure
Why it works?

Key Evidence-Based Scientific Principles

Self Monitoring Makes a Difference
• Proven track record for taking blood pressure readings at home or outside of the healthcare provider office setting.
• Use of digital self-monitoring and communication tool
• Charting & tracking improves self-management skills related to blood pressure management.

Personal Interaction Makes a Difference
• Coaches can motivate and encourage participants.

Multicultural Program Investments Make a Difference
• Hypertension creates a health disparity for multicultural communities
Results – Aug 2012 to June 30, 2016

<table>
<thead>
<tr>
<th>Fiscal Year</th>
<th>Average Drop in Systolic BP</th>
<th>Average Drop in Diastolic BP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. ’12-June ’13 (Heart360 Campaigns)</td>
<td>11.20 mm HG</td>
<td>4.31 mm HG</td>
</tr>
<tr>
<td>July ’15-June ’16 (Heart360 Campaigns)</td>
<td>11.99 mm HG</td>
<td>8.67 mm HG</td>
</tr>
</tbody>
</table>

AVERAGE DROP IN SYSTOLIC & DIASTOLIC BLOOD PRESSURE
To begin taking positive steps towards blood pressure control, sign up for the Check. Change. Control.® Tracker at [www.heart.org/ccc](http://www.heart.org/ccc)

Register using Campaign Code: XXXXX
Signing up as a participant is simple: enter a UserName, email address, password, mobile number and campaign code. Check the box to agree to terms and conditions, click Register and account is created.
Blood Pressure reading added successfully. Keep up the good work!

**BLOOD PRESSURE**

**BP Category**: ALL

**TimeFrame**: ALL

- **Systolic**: 132 on 24 Sep, 133 on 12 Oct
- **Diastolic**: 85 on 24 Sep, 88 on 12 Oct

*Note: Each reading represents the average of the total number of readings done in that day.*
CCC Tracker
Participants can set up Text (SMS), email or in-platform reminders here from the Reminders section.
Welcome to the American Heart Association’s Check. Change. Control.® Tracker

Check Change Control uses self-monitoring and tracking of blood pressure readings at home to help you achieve and maintain a healthy heart. Sign up today to start managing your heart health!
CREATE A NEW VOLUNTEER ACCOUNT

Salutation
Mr

UserName
FosterKeithley

Numbers and letters are allowed.

Password
**********

6 character minimum.

Confirm Password
**********

6 character minimum.

Full Name
Foster Keithley

Birth Year
1971

Country Code
+1

Mobile Number
(XXX) XXX-XXXX

Fax Number
2147061576

Enter Zip Code
75231

State
Texas

City
Dallas

By checking this box I acknowledge that I have reviewed and I agree to the terms and conditions outlined in the subscription agreement, terms of service, and privacy policy.

Register
CCC Tracker

Dashboard:
- **5 Participants**
- **10 Groups**
- **0 Unread Messages**

Hypertensive Crisis:
- **Participants: 0**
  - Systolic: Greater Than 180
  - Diastolic: Greater Than 110

Hypertension Stage 2:
- **Participants: 0**
  - Systolic: Greater Than 160
  - Diastolic: Greater Than 100

Hypertension Stage 1:
- **Participants: 1**
  - Systolic: Greater Than 140
  - Diastolic: Greater Than 90

Pre-Hypertension:
- **Participants: 3**
  - Systolic: Greater Than Equal To 120
  - Diastolic: Greater Than Equal To 80

Normal:
- **Participants: 1**
  - Systolic: Less Than 120
  - Diastolic: Less Than 80

Communicate with Participants:
- All

Pending Invitations

American Heart Association
Check. Change. Control.
Life is why.
### CCC Tracker

#### MY PARTICIPANTS

<table>
<thead>
<tr>
<th>PARTICIPANT NAME</th>
<th>EMAIL</th>
<th>LAST READING</th>
<th>SYSTOLIC</th>
<th>DIASTOLIC</th>
<th>HEART RATE</th>
<th>SOURCE</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>JaymeK</td>
<td><a href="mailto:jayme.keithley@att.net">jayme.keithley@att.net</a></td>
<td>Oct 10, 2016: 12:51 PM</td>
<td>135</td>
<td>85</td>
<td>0</td>
<td>Home</td>
<td>Disconnect</td>
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<tr>
<td>JohnHeart</td>
<td><a href="mailto:johnheart78@outlook.com">johnheart78@outlook.com</a></td>
<td>Oct 11, 2016: 12:48 PM</td>
<td>118</td>
<td>76</td>
<td>52</td>
<td>Home</td>
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</tr>
<tr>
<td>BeckyP</td>
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<td>Oct 10, 2016: 11:53 AM</td>
<td>125</td>
<td>76</td>
<td>0</td>
<td>Home</td>
<td>Disconnect</td>
</tr>
<tr>
<td>Ahatesta</td>
<td><a href="mailto:ahatesta@aol.com">ahatesta@aol.com</a></td>
<td>Oct 07, 2016: 08:37 AM</td>
<td>120</td>
<td>80</td>
<td>0</td>
<td>Home</td>
<td>Disconnect</td>
</tr>
<tr>
<td>Ableheart</td>
<td><a href="mailto:ableheart78@outlook.com">ableheart78@outlook.com</a></td>
<td>Oct 10, 2016: 01:16 PM</td>
<td>145</td>
<td>91</td>
<td>0</td>
<td>Home</td>
<td>Disconnect</td>
</tr>
</tbody>
</table>

Showing 1 to 5 out of 5 records.
How you can help

• Visit www.heart.org/ccc and sign-up for the Check. Change. Control.® Tracker
• Review the resources on our www.heart.org/BP website and share with your patients
• Share information on Check. Change. Control. with your site
• Become a Check. Change. Control. Champion and lead a program at your site
How You Can Help

We are seeking participants across the healthcare provider spectrum – including hospitals, medical practices, practitioners and service organizations – to join us in Target: BP. Here’s how you can help:

Encourage your contacts in hospitals and clinics across the country to opt in to Target: BP.

Educate them on program: Registering for Target: BP is simple, and they’ll be recognized as part of this national initiative!