



Welcome to our Hypertension (High Blood Pressure) Clinic

We're looking forward to working with you. Here's what you need to know to get started.

What can I expect from the clinic?

- It's virtual — each visit is a phone call that takes about 20 to 40 minutes
- You'll have regular visits with your clinic team, usually once every 2 weeks
- At these visits, you and your team will work together to make a personalized plan for managing your blood pressure — including things like checking your blood pressure regularly, how to choose foods that help you lower your blood pressure, and what blood pressure medications you're taking

Who will be involved in my care?

Your clinic team includes your:

- **Clinical guide** who specializes in working with people with high blood pressure
- **Nurse practitioner and pharmacist** who will help make sure you're on the right medications to better manage your blood pressure

We'll also send regular updates to your doctor so everyone's on the same page.

How can I get ready for my first visit?

Take your blood pressure every day.

We've included instructions on how to take your blood pressure with a home blood pressure cuff. Use the blood pressure log we've included to write down your numbers so you can share them during the visit.

Don't have a blood pressure cuff at home? Give us a call and we'll send you one.

Gather everything you need before your appointment time.

Take these steps to get ready:

- Gather all your medications and supplements, your blood pressure log, and your blood pressure cuff
- Write down any questions you want to ask
- Set up in a quiet, comfortable place where you can talk freely about your health

When it's time for your visit, the provider will call you, so make sure your phone is charged and nearby!

How long will I be working with the clinic?

About 1 to 2 months on average, but there's no set time frame. We may talk to you about ending regular visits once you get to your goal — for most people, that's a blood pressure below 140/90. After that, we'll check in a few times a year to see how things are going.

Questions? Need to reschedule your visit?

Give us a call at **1-888-802-2738** (TTY 711).



Devoted Health and Devoted Medical are under common control or ownership and part of the Devoted Health, Inc. family of companies. Devoted Medical is the medical group practice of Devoted Health. Devoted Health accepts other providers. 23D864_C

The Correct Way to **Measure Blood Pressure**

Before your reading

- No food or drink for 30 minutes
- Empty your bladder

During the reading

- No talking
- Arm resting at chest height
- Cuff against bare skin
- Back is supported
- Sit with feet flat on floor



Visit [cdc.gov/bloodpressure](https://www.cdc.gov/bloodpressure)
for tips and resources.



