



## Million Hearts® Resources

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### Million Hearts®

- **Million Hearts® Partner Materials**

{ HYPERLINK "<https://millionhearts.hhs.gov/about-million-hearts/partner-materials.html>" }

A variety of materials and key messages to help you spread the word about Million Hearts® and our collective efforts to prevent heart attacks and strokes in the U.S.

- **Million Hearts® at CDC**

{ HYPERLINK "[https://millionhearts.hhs.gov/files/MH\\_At\\_A\\_Glance\\_2022-508.pdf](https://millionhearts.hhs.gov/files/MH_At_A_Glance_2022-508.pdf)" }

A brief description about Million Hearts® and the Fiscal Year 2018 projects led at the Centers for Disease Control and Prevention (CDC) to achieve targets.

### Keeping People Healthy:

- **Tobacco Use**

{ HYPERLINK "<https://millionhearts.hhs.gov/tools-protocols/tools/tobacco-use.html>" }

A webpage featuring clinician-led interventions and patient resources to help smokers quit and reduce their risk for heart disease and stroke.

- **Physical Activity**

{ HYPERLINK "<https://millionhearts.hhs.gov/tools-protocols/tools/physical-activity.html>" }

A webpage listing community-based physical activity programs that clinical care teams can leverage to promote physical activity.

- **Particle Pollution**

{ HYPERLINK "<https://millionhearts.hhs.gov/tools-protocols/tools/particle-pollution.html>" }

A webpage of tools and resources for clinicians and patients that explain how air pollution can trigger a cardiovascular event and what steps can be taken to avoid particle pollution.

### Optimizing Care:

- **Protocols**

{ HYPERLINK "<http://millionhearts.hhs.gov/tools-protocols/protocols.html>" }

A webpage with standardized, evidence-based protocols for hypertension treatment, cholesterol management, and tobacco cessation. The webpage features tools to serve as clinical decision support at the point of care.

- **Hypertension Control: Change Package, Second Edition\***

{ HYPERLINK

"[http://millionhearts.hhs.gov/files/HTN\\_Change\\_Package.pdf](http://millionhearts.hhs.gov/files/HTN_Change_Package.pdf)" }

A revised quality improvement change package with a listing of process improvements that ambulatory clinical settings can implement as they seek optimal hypertension control.

- **Undiagnosed Hypertension**

{ HYPERLINK "<http://millionhearts.hhs.gov/tools-protocols/hiding-plain-sight/index.html>" }

A webpage that describes the phenomena of patients with uncontrolled hypertension being seen by clinicians, but remaining undiagnosed; resources, references and case studies are provided to help clinicians find their undiagnosed hypertensive patients.

- **Hypertension Prevalence Estimator**

{ HYPERLINK "<https://nccd.cdc.gov/MillionHearts/Estimator/>" }

An interactive tool health systems and practices can use to start or build on their existing hypertension management quality improvement process by comparing the expected hypertension prevalence generated from the tool with their calculated prevalence.

- **Self-Measured Blood Pressure Monitoring**

{ HYPERLINK "<http://millionhearts.hhs.gov/tools-protocols/smbp.html>" }

A webpage that features self-measured blood pressure monitoring (SMBP) plus clinical support tools, references and resources, and success stories.

- **Self-Measured Blood Pressure Monitoring: Action Steps for Clinicians**

{ HYPERLINK

"[http://millionhearts.hhs.gov/files/MH\\_SMBP\\_Clinicians.pdf](http://millionhearts.hhs.gov/files/MH_SMBP_Clinicians.pdf)" }

A guide to facilitate the implementation of self-measured blood pressure monitoring (SMBP) plus clinical support in preparing care teams to support SMBP, selecting and incorporating clinical support systems, empowering patients, and encouraging health insurance coverage for SMBP plus additional clinical support.

- **National Association of Community Health Centers (NACHC) Self-measured Blood Pressure Monitoring: Implementation Guide for Health Care Delivery Organizations**

{ HYPERLINK "<https://www.nachc.org/wp-content/uploads/2018/09/NACHC-Health-Care-Delivery-SMBP-Implementation-Guide-08222018.pdf>" }

A collection of tools and resources to help guide health care delivery organizations implement SMBP into practice or optimize their existing SMBP processes in a systematic way.

- **Target:BP™ Patient-Measured BP**

{ HYPERLINK "<https://targetbp.org/patient-measured-bp/>" }

A collection of messages and tools to assist clinicians in implementing SMBP and help patients take an accurate blood pressure measurement. Resources include a two-page description of the new CPT codes to bill for SMBP clinical support services, step-by-step guidance on how to develop a SMBP program, and patient education resources.

- **National Association of Chronic Disease Directors (NACDD) Topline Findings: A National Analysis of Self-Measured Blood Pressure Monitoring Coverage and Reimbursement**

{ HYPERLINK "[https://cdn.ymaws.com/www.chronicdisease.org/resource/resmgr/website-2020/consultants/cvh/smbp/smbp\\_coverage\\_topline\\_analys.pdf](https://cdn.ymaws.com/www.chronicdisease.org/resource/resmgr/website-2020/consultants/cvh/smbp/smbp_coverage_topline_analys.pdf)" }

An overview of what coverage is available for home blood pressure monitors, SMBP clinical support services, and remote patient monitoring in the 20 largest commercial payers, Medicare, 5 largest Medicare Advantage plans, and 10 state Medicaid programs.

- **SMBP Healthcare Communities Community**

{ HYPERLINK "<https://www.healthcarecommunities.org/>" }

Log in or register for a free account; search “SMBP” under the “Available Communities” tab; click “Join Community” to access updates, tools and resources, discussion questions, and more.

- **Cholesterol Management**

{ HYPERLINK "<https://millionhearts.hhs.gov/tools-protocols/tools/cholesterol-management.html>" }

A webpage that features the new clinical guidelines, provides background information on cholesterol and statins, and showcases tools and resources for clinicians and patients.

- **The Scoop on Statins: What Do You Need to Know?**

{ HYPERLINK "<https://millionhearts.hhs.gov/learn-prevent/scoop-on-statins.html>" }

A collection of consumer-facing messages about taking statins to manage high cholesterol.

- **CDC Cholesterol Communications Kit**

{ HYPERLINK "<https://www.cdc.gov/cholesterol/communications-kit.htm>" }

A webpage featuring social media messages, shareable graphics, a quiz, and additional resources.

- **Medication Adherence**

{ HYPERLINK "<https://millionhearts.hhs.gov/tools-protocols/medication-adherence.html>" }

A webpage of tools, including an interactive module, brief educational videos, checklists, and other materials, to help patients adhere to their medication regimens.

- **Tobacco Use**

{ HYPERLINK "<https://millionhearts.hhs.gov/tools-protocols/tools/tobacco-use.html>" }

A webpage featuring clinician-led interventions and patient resources to help smokers quit and reduce their risk for heart disease and stroke.

- **Tobacco Cessation Change Package**

{ HYPERLINK "[https://millionhearts.hhs.gov/files/Tobacco\\_Cessation\\_Change\\_Pkg.pdf](https://millionhearts.hhs.gov/files/Tobacco_Cessation_Change_Pkg.pdf)" }

A quality improvement tool that offers the latest set of evidence-based strategies to improve delivery of clinical interventions for the treatment of tobacco use and dependence in outpatient, inpatient, and behavioral health settings.

- **Identifying and Treating Patients Who Use Tobacco: Action Steps for Clinicians**

{ HYPERLINK "<http://millionhearts.hhs.gov/files/Tobacco-Cessation-Action-Guide.pdf>" }

A guide to provide evidence-based tobacco use identification and intervention strategies for busy clinicians.

- **Cardiac Rehabilitation**

{ HYPERLINK "<https://millionhearts.hhs.gov/tools-protocols/tools/cardiac-rehabilitation.html>" }

A webpage that features cardiac rehabilitation tools and resources for clinicians, cardiac rehab teams and patients to increase participation in cardiac rehabilitation to 70%.

- **Cardiac Rehabilitation Change Package**

{ HYPERLINK "<https://millionhearts.hhs.gov/tools-protocols/action-guides/cardiac-change-package/index.html>" }

A quality improvement tool to help teams from hospitals and cardiac rehabilitation programs put systems and strategies in place to improve cardiac rehabilitation referral, enrollment, and participation.

- **Cardiac Rehabilitation Communications Toolkit**

{ HYPERLINK "<https://millionhearts.hhs.gov/partners-progress/partners/cardiac-rehab-toolkit.html>" }

A set of ready-to-use key messages, downloadable educational materials, sample social media posts, newsletter announcements, syndicated content, and a variety of visuals that can be adapted or adopted to spread awareness about the value of cardiac rehabilitation and solutions for increasing participation.

- **Outpatient Cardiac Rehabilitation Use Surveillance Methodology**

{ HYPERLINK "<https://millionhearts.hhs.gov/files/Cardiac-Rehab-Use-Surveillance-Guidance.pdf>" }

Provides an administrative claims-based outpatient cardiac rehabilitation surveillance methodology that can be applied to member databases within health insurance plans and health system databases to monitor and inform cardiac rehabilitation-related quality improvement efforts.

- **Health IT**

{ HYPERLINK "<https://millionhearts.hhs.gov/tools-protocols/tools/health-IT.html>" }

A webpage to help clinicians and other healthcare professionals learn more about health IT and access health IT-related tools and resources that enable easier clinical quality reporting and improvement.

- **Clinical Quality Measures (CQM)**

{ HYPERLINK "<https://millionhearts.hhs.gov/data-reports/cqm/measures.html>" }

A webpage with clinical quality measures for the Million Hearts® ABCS (Aspirin when appropriate, Blood pressure control, Cholesterol management, and Smoking cessation) and where they are embedded in select public and private programs.

- **Million Hearts® for Clinicians Microsite**

{ HYPERLINK "<https://tools.cdc.gov/medialibrary/index.aspx#/microsite/id/279017>" }

A collection of Million Hearts® clinical messages and quality improvement tools that partners can easily share with their clinical audiences.

#### Clinically-Focused Programs:

- **Million Hearts® Hypertension Control Challenge**  
{ HYPERLINK "<http://millionhearts.hhs.gov/partners-progress/champions/index.html>" }
  - **Hypertension Control Champions Success Stories\***  
{ HYPERLINK "[https://millionhearts.hhs.gov/partners-progress/champions/success\\_stories.html?Sort=Title%3A%3Aasc](https://millionhearts.hhs.gov/partners-progress/champions/success_stories.html?Sort=Title%3A%3Aasc)" }
- **Million Hearts® Hospitals & Health Systems Recognition Program\***  
{ HYPERLINK "<https://millionhearts.hhs.gov/partners-progress/hospitals-health-systems/index.html>" }
- **Million Hearts® Cardiovascular Disease Risk Reduction Model**  
{ HYPERLINK "<https://innovation.cms.gov/initiatives/Million-Hearts-CVDRRM/>" }
- **EvidenceNOW: Advancing Heart Health in Primary Care**  
{ HYPERLINK "<http://www.ahrq.gov/professionals/systems/primary-care/evidencenow.html>" }
- **TAKEheart: AHRQ's Initiative To Increase Use of Cardiac Rehabilitation**  
{ HYPERLINK "<https://takeheart.ahrq.gov/>" }

#### Public Health and Community Resources and Programs:

- **Cardiovascular Health: Action Steps for Employers**  
{ HYPERLINK "[http://millionhearts.hhs.gov/files/MH\\_Employer\\_Action\\_Guide.pdf](http://millionhearts.hhs.gov/files/MH_Employer_Action_Guide.pdf)" }
- **CDC State Heart Disease and Stroke Prevention Programs**  
{ HYPERLINK "<http://www.cdc.gov/dhdsp/programs/index.htm>" }
- **National Diabetes Prevention Program**  
{ HYPERLINK "<https://www.cdc.gov/diabetes/prevention/index.html>" }
- **Healthy is Strong**  
{ HYPERLINK "<http://millionhearts.hhs.gov/learn-prevent/healthy-is-strong.html>" }
- **Medication Adherence: Action Steps for Health Benefit Managers**  
{ HYPERLINK "[https://millionhearts.hhs.gov/files/MH\\_MedicationActionGuide.pdf](https://millionhearts.hhs.gov/files/MH_MedicationActionGuide.pdf)" }
- **Medication Adherence: Action Steps for Public Health Practitioners**  
{ HYPERLINK "<https://millionhearts.hhs.gov/files/Medication-Adherence-Action-Guide-for-PHPs.pdf>" }
- **Self-Measured Blood Pressure Monitoring: Action Steps for Public Health Practitioners**  
{ HYPERLINK "[http://millionhearts.hhs.gov/files/MH\\_SMBP.pdf](http://millionhearts.hhs.gov/files/MH_SMBP.pdf)" }

#### Tools for Consumers:

- **Air Quality Index** { HYPERLINK "<https://www.airnow.gov/>" }  
{ HYPERLINK "[http://millionhearts.hhs.gov/files/BP\\_Wallet\\_Card.pdf](http://millionhearts.hhs.gov/files/BP_Wallet_Card.pdf)" }
- **Blood Pressure Wallet Card**

- **Heart Age Predictor**  
{ HYPERLINK  
"http://www.cdc.gov/vitalsigns/cardiovascular-disease/heartage.html" }
- **High Blood Pressure: How to Make Control Your Goal**  
{ HYPERLINK  
"https://millionhearts.hhs.gov/files/TipSheet\_How\_to\_MCYG\_General.pdf" } { HYPERLINK  
"https://millionhearts.hhs.gov/files/TipSheet\_How\_to\_MCYG\_General.pdf" }
- **Million Hearts® E-Cards & Shareables**  
{ HYPERLINK "https://millionhearts.hhs.gov/news-media/media/ecards.html" }
- **Million Hearts® Videos (on YouTube)**  
{ HYPERLINK  
"https://www.youtube.com/playlist?list=PLvpr9iOILTQYAJrt7lkeiyxYfoG7YTIFR" }
- **Recipes for a Heart Healthy Lifestyle**  
{ HYPERLINK "https://millionhearts.hhs.gov/learn-prevent/recipes.html" }
- **The Scoop on Statins: What Do You Need to Know?**  
{ HYPERLINK "https://millionhearts.hhs.gov/learn-prevent/scoop-on-statins.html" }
- **Smoke Free (SF)**  
{ HYPERLINK "http://smokefree.gov/" }
- **Supporting Your Loved One with High Blood Pressure**  
{ HYPERLINK  
"https://millionhearts.hhs.gov/files/TipSheet\_LovedOne\_AA.pdf" }
- **Visit Checklist**  
{ HYPERLINK "https://" } { HYPERLINK  
"https://millionhearts.hhs.gov/files/TipSheet\_HCP\_Checklist.pdf" }

Supportive Campaigns and Initiatives:

- { HYPERLINK "https://www.ahrq.gov/pcor/dissemination-of-pcor/cardiac-rehabilitation.html" }
- **Active People, Healthy Nation\***  
{ HYPERLINK  
"https://www.cdc.gov/physicalactivity/activepeople/healthynation/index.html" }
- **Brain Attack Coalition**  
{ HYPERLINK  
"https://www.brainattackcoalition.org/" }
- **Million Hearts® and CDC “Emergency Care for Heart Disease During COVID-19” Public Service Announcement\***  
{ HYPERLINK  
"https://www.youtube.com/watch?v=0Q6VTSfvTZU" }
- **Million Hearts® and CDC “Maintaining Heart Health During COVID-19” Public Service Announcement\***
- { HYPERLINK "https://www.ahrq.gov/pcor/dissemination-of-pcor/cardiac-rehabilitation.html" }
- { HYPERLINK  
"https://www.youtube.com/watch?v=d65HUqRsLec" }
- **Mind Your Risks**  
{ HYPERLINK "https://mindyourrisks.nih.gov/" }
- **Release The Pressure\***  
{ HYPERLINK "https://ama-v-1.webflow.io/" } { HYPERLINK  
"https://www.releasethepressure.org/" }
- **Target: BP™**  
{ HYPERLINK "https://targetbp.org/" }
- **Tips from Former Smokers**  
{ HYPERLINK  
"http://www.cdc.gov/tobacco/campaign/tips/index.html" }

Stay Connected:

- **Million Hearts®**  
{ HYPERLINK "mailto:MillionHearts@cdc.gov" }
- **Million Hearts® Cardiac Rehabilitation Collaborative**  
{ HYPERLINK "mailto:MillionHeartsCRC@cdc.gov" }

- **Million Hearts® eUpdate**  
 { HYPERLINK  
 "https://millionhearts.hhs.gov/news-media/news.html" }
- **Million Hearts® SMBP Forum**  
 { HYPERLINK "mailto:MillionHeartsSMBP@nachc.org" }
- **Million Hearts® on Facebook**  
 { HYPERLINK  
 "https://www.facebook.com/millionhearts/" }
- **@MillionHeartsUS on Twitter**  
 { HYPERLINK "https://twitter.com/MillionHeartsUS" }

Content on the Million Hearts® website is available for syndication at the CDC Public Health Media Library ({ HYPERLINK "https://tools.cdc.gov/medialibrary/index.aspx" \ | "/results" })

\* = Resource added in 2020



## Self-Measured Blood Pressure Monitoring (SMBP) Resources

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### Featured Webpage:

- **Million Hearts® Self-Measured Blood Pressure Monitoring**

<http://millionhearts.hhs.gov/tools-protocols/smbp.html>

A webpage that features SMBP plus clinical support tools, references and resources, and success stories. (This web content is available for syndication at <https://tools.cdc.gov/medialibrary/index.aspx#/media/id/280741>.)

### Featured Action Guides:

- **Million Hearts® Self-Measured Blood Pressure Monitoring: Action Steps for Clinicians**

[http://millionhearts.hhs.gov/files/MH\\_SMBP\\_Clinicians.pdf](http://millionhearts.hhs.gov/files/MH_SMBP_Clinicians.pdf)

A guide to facilitate the implementation of SMBP plus clinical support in preparing care teams to support SMBP, selecting and incorporating clinical support systems, empowering patients, and encouraging health insurance coverage for SMBP plus additional clinical support.

- **Million Hearts® Self-Measured Blood Pressure Monitoring: Action Steps for Public Health Practitioners**

[https://millionhearts.hhs.gov/files/MH\\_SMBP.pdf](https://millionhearts.hhs.gov/files/MH_SMBP.pdf)

A guide that outlines action steps that public health practitioners can take to scale and spread SMBP plus clinical support in the jurisdictions they serve.

### Implementation Tools:

- **Million Hearts® Hypertension Control Change Package (Second Edition)**

[https://millionhearts.hhs.gov/files/HTN\\_Change\\_Package.pdf](https://millionhearts.hhs.gov/files/HTN_Change_Package.pdf)

A revised quality improvement change package with a listing of process improvements that ambulatory clinical settings can implement as they seek optimal hypertension control. Includes 7 SMBP-related change ideas and 27 practice- or evidence-based SMBP implementation tools and resources.

- **American Medical Association (AMA) 7-Step SMBP Quick Guide**

<https://www.ama-assn.org/system/files/2020-06/7-step-smbp-quick-guide.pdf> (guide)

<https://www.ama-assn.org/smbp-guide> (guide webpage)

AMA's webpage featuring 7 key steps for physician and care teams can take to us SMBP with adult patients with high blood pressure. This tool includes links to supporting tools.

- **Target: BP™ Implement SMBP**

<https://targetbp.org/blood-pressure-improvement-program/patient-measured-bp/implementing/>

A step-by-step guide to launching a SMBP program within your medical practice. This online content includes concrete tools to help clinicians secure and loan out home blood pressure monitors, train patients on SMBP, and collect data to inform treatment.

- **National Association of Community Health Centers (NACHC) SMBP Implementation Guide**

<https://www.nachc.org/wp-content/uploads/2018/09/NACHC-Health-Care-Delivery-SMBP-Implementation-Guide-08222018.pdf>

This implementation guide is designed to help health care delivery organizations implement SMBP into practice or optimize existing SMBP processes. It includes implementation tips and tools.

#### Provider Webinars:

- **Center for Care Innovations Webinar: What's New in Self-Measured Blood Pressure Monitoring**  
<https://www.careinnovations.org/resources/webinar-whats-new-in-self-monitored-blood-pressure-monitoring/>  
A July 2020 webinar featuring presenters from AMA speaking about the steps for SMBP use, the 2020 CPT® codes to support SMBP use, and changes to blood pressure quality measures.
- **Million Hearts® SMBP Forum: SMBP For Pregnant and Post-Partum Women**  
<https://www.youtube.com/watch?v=o1v7QTERIXQ>  
A recording of the June 2020 SMBP Forum featuring an introduction from the Director of CDC's Division for Reproductive Health and brief presentations by subject matter experts.

#### Patient Training Videos:

- **National Association of Community Health Centers (NACHC): How to Use Your Home BP Monitor**  
<https://www.youtube.com/watch?v=0tGyRJxbYpQ> (English)  
<https://www.youtube.com/watch?v=AQLDGAwQvzE> (Spanish)  
A brief video explaining the value of SMBP to patients and the key steps they should follow to take an accurate blood pressure measurement outside of the clinical office.
- **Target: BP™ SMBP Training Video**  
<https://targetbp.org/blood-pressure-improvement-program/patient-measured-bp/implementing/smbp-training-patients/self-measured-blood-pressure-video-no-cc/> (English)  
<https://targetbp.org/blood-pressure-improvement-program/patient-measured-bp/implementing/smbp-training-patients/self-measured-blood-pressure-video-spanish/> (Spanish)  
A brief video that defines SMBP, explains its value in treating hypertension, and provides detailed information and guidance on how to measure blood pressure outside of the clinical setting.
- **Release the Pressure Campaign SMBP Training Video (English)**  
<https://www.youtube.com/watch?v=qObBwGZPLkU>  
A “Real Talk” consumer-facing video that stresses the value of self-measured blood pressure measurement, especially for Black women, and how to take an accurate blood pressure measurement.

#### Resources to Find a Home Blood Pressure Monitor:

- **AMA SMBP cuff selection**  
<https://www.ama-assn.org/system/files/2020-05/smbp-cuff-selection.pdf>  
One-page instructions on how to find the appropriate upper arm cuff size.
- **US Blood Pressure Validated Device Listing (VDL™)**  
<https://www.validatebp.org/>  
A website, managed by the AMA, with a listing of automatic home blood pressure monitors that are independently reviewed and validated to ensure clinical accuracy.
- **Hypertension Canada Blood Pressure Measurement Device Recommendation Program**  
<https://hypertension.ca/hypertension-and-you/managing-hypertension/measuring-blood-pressure/devices/>  
This website provides information to help clinicians and/or patients with home blood pressure monitor purchasing decisions. It identifies the devices that have been tested to ensure clinical accuracy.
- **Target: BP™ Purchasing Devices**  
<https://targetbp.org/blood-pressure-improvement-program/patient-measured-bp/implementing/smbp-device-loaner-program/>  
Lists recommended device features for ensuring the most accurate blood pressure measurement.

- **Topline Findings: A National Analysis of Self-Measured Blood Pressure Monitoring Coverage and Reimbursement**

[https://cdn.ymaws.com/www.chronicdisease.org/resource/resmgr/website-2020/consultants/cvh/smbp/smbp\\_coverage\\_topline\\_analys.pdf](https://cdn.ymaws.com/www.chronicdisease.org/resource/resmgr/website-2020/consultants/cvh/smbp/smbp_coverage_topline_analys.pdf)

A listing of public and private payers that offer coverage of home blood pressure monitors.

Select Case Studies:

- **National Association of Community Health Centers (NACHC): Self-measurement: How patients and care teams are bringing blood pressure to control**

<https://www.youtube.com/watch?v=XGO-I59UMDg> (full video)

<https://youtu.be/VNQQ8ranUZo> (D'Angelo's Story)

<https://youtu.be/malq4KnCESY> (Natalia's Story)

A video describing the experience of three community health centers in providing SMBP and the stories of their patients who used SMBP to improve their health.

- **Hypertension Control Champions Success Stories**

[https://millionhearts.hhs.gov/partners-progress/champions/success\\_stories.html](https://millionhearts.hhs.gov/partners-progress/champions/success_stories.html)

A webpage with SMBP success stories from the Million Hearts® Hypertension Control Champions, those clinicians, practices, and/or health systems recognized by CDC for achieving exemplar hypertension control rates.

- **Lone Star Circle of Care**

<https://www.ama-assn.org/delivering-care/hypertension/bp-control-success-story-starts-patient-homes>

- **Ochsner Health Hypertension Digital Medicine Program**

<https://www.ochsner.org/services/hypertension-digital-medicine/>

- **Heart Safe Motherhood**

<https://heartsafemotherhood.org/>

Other SMBP Resources:

- **AMA SMBP CPT® coding**

<https://www.ama-assn.org/system/files/2020-06/smbp-cpt-coding.pdf>

A 4-page description of CPT® codes that may be used to bill for SMBP services.

- **AMA Self-measured Blood Pressure: Seven-day Recording Log**

<https://www.ama-assn.org/system/files/2019-01/smbp-recording-log.pdf>

An online file available to download and print for patients to manually enter their blood pressure readings if their home blood pressure monitor does not have the ability to store readings.

- **AMA BP Average Calculator**

<https://www.ama-assn.org/node/27271>

An online tool to quickly calculate a patient's average systolic and diastolic blood pressure.

- **Target: BP™ How to Accurately Measure Blood Pressure [infographic]**

[https://targetbp.org/tools\\_downloads/how-to-accurately-measure-blood-pressure-2/](https://targetbp.org/tools_downloads/how-to-accurately-measure-blood-pressure-2/)

A one-page infographic for patients that outlines steps to perform SMBP monitoring correctly. It includes information on preparation, positioning, and measurement techniques.