Check. Change. Control.®
Self-Monitoring Blood Pressure Control
Evidence based high blood pressure management program that utilizes a tracker to empower patients to take ownership of their cardiovascular health.

Incorporates the concepts of remote monitoring, mentoring, tracking as key features to improve HBP management, physical activity and weight reduction.

Four month education sessions are recommended along with incentives for participation.

Encourage participants to take weekly readings or 8 readings at least once/month over 4 months.

Target Audience: Individuals with high blood pressure

Focus groups: Corporate and School-site Employees, patients in clinics focusing on HBP control, community sites with opportunity to reach individuals on a continuous basis
Check. Change. Control.® was founded on successful evidence-based practices from the American Heart Association pilot program, Check It, Change It. The Check It, Change It program proved to be especially effective among the target population of African Americans (Thomas et al. (2012). Check It, Change It: A Community-Based Intervention to Improve Blood Pressure Control).
Check. Change. Control.®

Developed to support hypertension management among the adult population, Check. Change. Control.® engages participants, emphasizing 3 important aspects of managing hypertension:

1. **Checking** for high blood pressure and symptoms;
2. **Changing** lifestyle and seeking treatment;
3. **Controlling** hypertension by taking preventative measures.
Check. Change. Control.® Lifecycle

Recruit Community Partners with Shared Goals to Drive BP Control

GOAL: Reduce participants' systolic blood pressure by at least 10mmHg

Enroll Participants to Track Weekly Readings for 4 Months

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

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 African-Americans.
Results – Aug 2012 to June 30, 2017

- Enrollment: 71,145 individuals (Using AHA digital trackers)
- Blood Pressure Readings: 280,051

AVERAGE DROP IN SYSTOLIC & DIASTOLIC BLOOD PRESSURE

<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>5.68 mmHg</td>
<td>2.87 mmHg</td>
</tr>
<tr>
<td>July’13-June ’14 (Heart360 Campaigns)</td>
<td>13.95 mmHg</td>
<td>9.48 mmHg</td>
</tr>
<tr>
<td>July ’14-June ’15 (Heart360 Campaigns)</td>
<td>12.04 mmHg</td>
<td>8.75 mmHg</td>
</tr>
<tr>
<td>July ‘14-June ’15 (iHealth sites)</td>
<td>11.65 mmHg</td>
<td>8.69 mmHg</td>
</tr>
<tr>
<td>July ’15-June ’16 (Heart360 Campaigns)</td>
<td>11.99 mmHg</td>
<td>8.67 mmHg</td>
</tr>
<tr>
<td>July ‘16-June ’17(Heart360 Campaigns)</td>
<td>11.24 mmHg</td>
<td>7.31 mmHg</td>
</tr>
<tr>
<td>July ‘16-June ‘17 (CCC Tracker Campaigns)</td>
<td>12.90 mmHg</td>
<td>9.10 mmHg</td>
</tr>
<tr>
<td>July ‘16-June ‘17 (Heka app)</td>
<td>12.34 mmHg</td>
<td>8.30 mmHg</td>
</tr>
<tr>
<td>Overall Avg. (pilot year to present)</td>
<td>11.47 mmHg</td>
<td>7.89 mmHg</td>
</tr>
</tbody>
</table>

*Based on users with at least 2 BP readings taken, with at least 7 days between first and last reading
Champion implements their BP program

1. Champion meets with AHA staff to plan program
2. Obtain Sr. Leadership support
3. Create timeline/plan for implementation
4. Identify ambassadors
5. Host training for ambassadors – CCC basics, tracking tool
6. Set enrollment goals
7. Get the word out
8. Enroll CCC participants
   • Encourage at least 8 readings throughout program
9. Host Kick-off event
10. Implement 4-month program
    • Month 1 – General BP information
    • Month 2 – Behavior changes to reduce risk factors
    • Month 3 – Importance of medication adherence
    • Month 4 – On-going management
11. Celebrate success
Champion/Ambassador Do’s and Don’ts

When discussing blood pressure, here are the “Do”s:

Feel free to provide monitoring and feedback such as:

• **Remind the participant** to take their own blood pressure readings each week for a minimum of four months.

• Identify and note to the participant **which of the standard blood pressure measurement categories that the participant’s weekly readings fall into**.

• Identify and note to the participant whether the participant’s **blood pressure readings have increased, decreased, or remained stable**.

And here are the “Don’t”s:

Volunteers are not to make any medical diagnoses about, or prescribe **treatment** for, the participant.
Champion/Ambassador Do’s and Don’ts

• Volunteers may be given access to the tracking tool and **participants will be able to share the health data** they enter into the system with you through the tool.

• Volunteers **are obligated to protect the privacy** of the participant’s data and may not disclose any data to anyone other than the participant.

• If **participant's data is accidentally disclosed** to a third party, volunteers must let the participant know as soon as possible.
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**

<table>
<thead>
<tr>
<th>Date</th>
<th>Systolic</th>
<th>Diastolic</th>
<th>Systolic Hypertension</th>
<th>Diastolic Hypertension</th>
</tr>
</thead>
<tbody>
<tr>
<td>05 Dec</td>
<td>118</td>
<td>75</td>
<td></td>
<td></td>
</tr>
<tr>
<td>04 Dec</td>
<td>125</td>
<td>80</td>
<td></td>
<td></td>
</tr>
<tr>
<td>07 Dec</td>
<td>116</td>
<td>72</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Note: each reading represents the average of the total number of readings done in that day.*

Colors:
- **Red**: Hypertensive Crisis
- **Orange**: (Hypertension) stage 2
- **Yellow**: (Hypertension) stage 1
- **Green**: Elevated
- **Light Green**: Normal
CCC Tracker

Communication settings and preferences: Emails and Texts (SMS)

Enter your mobile phone number for text (SMS) features including alerts, communications, and add BP readings.
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

Email
fosterkeithley56@outlook.com

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

- **9 Participants**
- **11 Groups**
- **0 Unread Messages**

**Hypertensive Crisis**
- Participants: 0
- Systolic Greater Than 180
- Diastolic Greater Than 120

**Hypertension Stage 2**
- Participants: 2
- Systolic Greater Than Equal To 140
- Diastolic Greater Than Equal To 90

**Hypertension Stage 1**
- Participants: 3
- Systolic Greater Than Equal To 130
- Diastolic Greater Than Equal To 80

**Elevated**
- Participants: 1
- Systolic Greater Than Equal To 120
- Diastolic Less Than 80

**Normal**
- Participants: 3
- Systolic Less Than 120
- Diastolic Less Than 80
## CCC Tracker

### Participant Data Table

<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>Disconnect</th>
</tr>
</thead>
<tbody>
<tr>
<td>JaymeK</td>
<td><a href="mailto:jayme.keithley@att.net">jayme.keithley@att.net</a></td>
<td>Dec 03, 2017. 05:31 PM</td>
<td>134</td>
<td>66</td>
<td></td>
<td>Text (SMS)</td>
<td><img src="image" alt="Disconnect" /></td>
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<tr>
<td>BeckyP</td>
<td><a href="mailto:beckypressure3@outlook.com">beckypressure3@outlook.com</a></td>
<td>Nov 09, 2017. 02:30 PM</td>
<td>130</td>
<td>90</td>
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<td>Home</td>
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<tr>
<td>Ableheart</td>
<td><a href="mailto:ableheart78@outlook.com">ableheart78@outlook.com</a></td>
<td>Dec 04, 2017. 10:58 AM</td>
<td>118</td>
<td>75</td>
<td>0</td>
<td>Home</td>
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<tr>
<td>VelvetH</td>
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<td>Dec 07, 2017. 02:50 PM</td>
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<td>76</td>
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<td>Home</td>
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<tr>
<td>Evanston</td>
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<td>Oct 20, 2017. 09:22 AM</td>
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<td>95</td>
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<td>Home</td>
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<tr>
<td>NanceT</td>
<td><a href="mailto:nance66trien@outlook.com">nance66trien@outlook.com</a></td>
<td>Dec 07, 2017. 02:53 PM</td>
<td>116</td>
<td>72</td>
<td>0</td>
<td>Home</td>
<td><img src="image" alt="Disconnect" /></td>
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</tbody>
</table>
How you can help

• Visit [www.heart.org/ccc](http://www.heart.org/ccc) and sign-up for the Check. Change. Control.® Tracker
• Review resources on our CCC Community Partner [page](#) and share with your participants
• Share information on Check. Change. Control. with your site
• Become a Check. Change. Control. Champion and lead a program at your site