



3..2..1..Start & Patient Success Guide

My Independence, My Doctor, My Vital Remote Links



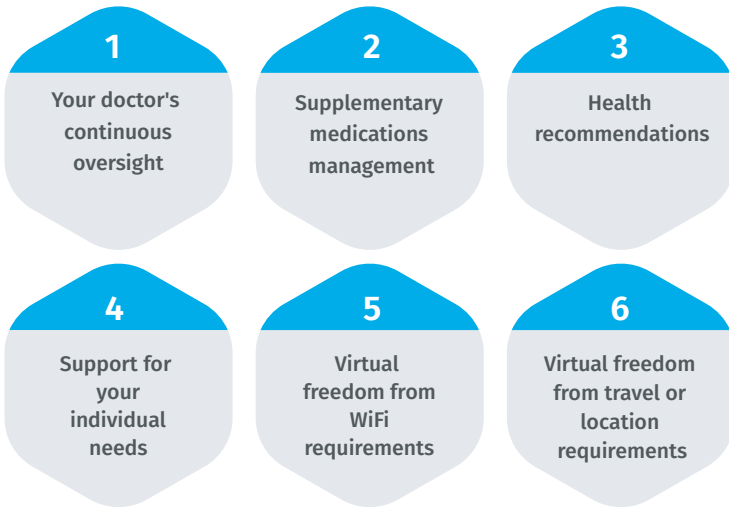
I have all the benefits of seeing my doctor daily—without even leaving my kitchen.



—Estelle, Chronic Illness Care Patient

Welcome to more complete healthcare, personal freedom and independence.

In a few simple steps, your Vital Remote Links will connect you with reinforced chronic care support, including:



Your Vital Remote Links is part of a complete care plan. Remote monitoring is not meant to be and should not be used as a substitute for emergency medical services, advice, or diagnosis. Monitored during our regular business hours, Monday through Friday 8 AM – 4:30 PM CT (except holidays). Some limitations may apply.* For urgent symptoms, conditions, or concerns, please call 911 or go to your local Emergency Department.

For more information, contact your doctor.

*Possible “downtimes” or periods in which your device may not connect due to hardware, software, telecommunications, or internet service-related issues outside our reasonable control may prevent continuous monitoring during these hours.

3-2-1... Startup

Your Blood Pressure Monitor and Weight Scale are ready to use out of the box. Your readings will automatically be sent to your doctor.



BP Monitor

Select the seating and surface of your choice.

Connect the cuff to the monitor,
Insert 4 AA batteries
Power your device "On"

Weight Scale

Select the surface of your choice for your device, such as a bathroom floor

Insert 4 AA batteries
Power "On"
Step directly on your scale



Your doctor's care coordinator will supplement your complete care with check-ins at least once a month and as needed.

For questions about your blood pressure, or your weight scale, contact your care coordinator directly.

How And When Do I Use My BP Monitor?

CHECK YOUR BLOOD PRESSURE DAILY IN THE MORNING AND WHENEVER YOU HAVE THE FOLLOWING SYMPTOMS:



How to measure your blood pressure at home?

Follow these steps for an accurate blood pressure reading

PREPARE

Avoid caffeine, cigarettes and other stimulants 30 minutes before you measure your blood pressure

Wait 30 minutes after a meal

If you're on blood pressure medication, measure you BP before you take your medications

Empty your bladder beforehand

Find a quiet space where you can sit comfortably without distractions

POSITION

Put cuff on bare arm, above your elbow, position cuff at heart level

Keep arm so cuff maintains position at heart level

Sit with legs uncrossed

Keep feet flat on the floor

Keep your back supported

MEASURE

Rest for five minutes while in position before starting

Take two or three measurements one minute apart

Keep your body relaxed and in position during measurements

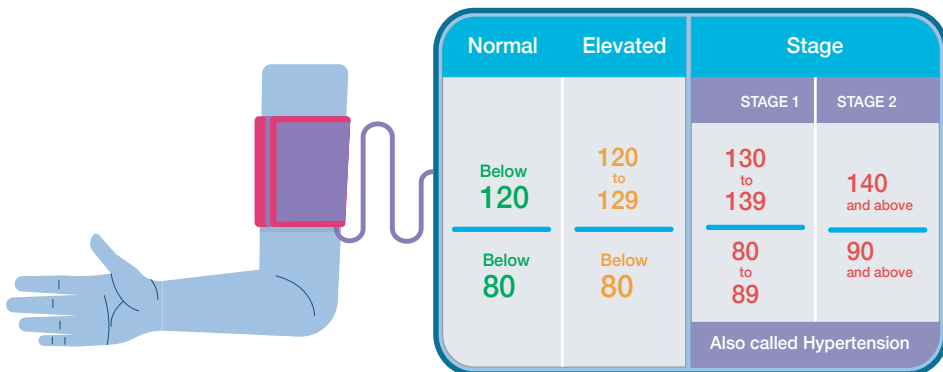
Sit quietly with no distractions during measurements-avoid conversations, TV, phone and other devices

Numbers to know

BLOOD PRESSURE is the force of your blood moving against the walls of your arteries. It is expressed as **TWO NUMBERS**.

TOP NUMBER	SYSTOLIC (mm Hg)	BOTTOM NUMBER	DIASTOLIC (mm Hg)
The pressure or force in the arteries when the heart beats		The pressure measured between heartbeats	

Warning ⚠ Over time, elevated or high blood pressure weakens your heart, blood vessels and kidneys, and makes a stroke or heart attack much more likely



Lifestyle Changes

Move More
Get regular physical activity



Cut Salt
Aim for 1500mg of sodium or less per day



Lose Weight
Losing just a few pounds can make a big difference



De-stress
Meditation and rest help blood pressure lower



Focus on nutrition
Follow the DASH diet and eat potassium-rich vegetables



Limit Alcohol
Don't exceed more than 1 drink/day for women, 2 for men









Don't Smoke
If you smoke, we can help you stop. Talk to your doctor or care coordinator for support.



Aim for Progress (Not Perfection)

Lifestyle changes can be hard to do every day, but they can go a long way to lowering your blood pressure



LIFESTYLE CHANGE	RECOMMENDATION	LOWER SYSTOLIC BLOOD PRESSURE (TOP NUMBER)
 Lose weight	Maintain a normal body weight For those who are over-weight aim to lose at least 1 kg.	2-5 mmHg, expect to lower systolic blood pressure 1 mmHg per kg lost
 Follow Dash Diet	Eat lots of fruits, vegetables, low-fat diet	3-11 mmHg
 Reduce Salt	Aim for less than 1500 mg per day	2-6 mmHg
 Boost Potassium	Aim for 3,500mg - 5,000mg per day	2-5 mmHg
 Be More Active	90-150 minutes of aerobic exercise per week	2-8 mmHg
 Limit Alcohol	For men, less than 2 drinks daily; for women, less than 1	3-4 mmHg

Start with Simple Steps

Reach and Maintain a Healthy Weight

What we know

- Excess fat, especially around your midsection, can fuel heart and blood vessel disease.
- Being overweight or obese also makes you more likely to develop a number of medical problems, including high blood pressure, high cholesterol, and high blood sugar (diabetes), to name a few.
- If you're overweight, losing 5% to 10% of your total weight can improve your health.

What you can do

A few tips to get started:

- Pay attention to what you eat. Keeping a food diary can help you see patterns.
- Pick one or two foods that are high in unhealthy fat or added sugars to avoid. This can be a first step to limit the calories you eat.
- Opt for water instead of sweetened beverages.
- Exercise more so you burn more calories and build strength, too.
- Identify stressors that trigger poor food choices, as well as one or two people you can count on to support you in your efforts.

Start with the Body, the Mind Will Follow

Commit to Exercise Regularly

What we know

- Not exercising - even simply sitting for too long - is harmful.
- Regular exercise may be your best defense against heart disease.
- Exercise is also a great stress-buster and can boost your mood and self-esteem.

What you can do

- Take an inventory of your current patterns of physical activity.
- Move more. Look for ways to be more active through exercise, like by opting to use stairs instead of the elevator, parking farther away from a building, or biking or walking to work, if possible.
- Experts recommend getting at least 150 minutes of moderate exercise a week, though it's always best to check with your doctor.
 - Moderate exercise:
 - (i) Gets your heart pumping.
 - (ii) Makes it difficult to have a conversation
 - Exercise in 10-minute bursts during the day counts—it adds up over time.
- Start by finding an activity that you enjoy and can do regularly to stay active

Low	Moderate	High
Cleaning the house Cooking	Brisk walking Biking Dancing	Jogging/running Fast biking Singles tennis

A Vision for You

Avoid Tobacco Use And Get Help To Quit

What we know

- Tobacco harms nearly every organ in the body, including the heart
 - Smoking is the second leading cause of cardiovascular disease behind high blood pressure.
 - Nearly 1 in 3 deaths from heart disease are due to smoking or secondhand smoke.
 - Even low levels of smoking make a heart attack more likely. E-cigarettes can also increase such events.
- Quitting isn't easy. Most people who have quit will tell you it often takes multiple attempts before being successful.
- It is never too late to quit - quitting tobacco at any age has lots of health benefits.
- There are many resources to help, including medications, nicotine replacement patches, counseling and support programs.

What you can do

- Be honest with your clinicians if you smoke - even if you've just casually puffed a cigarette or live with a person who smokes. They aren't there to judge, but to help you live healthy.
- If you smoke, set a date to quit. Mark it proudly on your calendar.
- Ask for resources to help.
- Call 1-800-748-8669 (1-800-QUIT-NOW)
- Visit [CardioSmart.org](https://www.CardioSmart.org) to identify triggers and read about 8 steps to help you quit: [CardioSmart.org/StopSmoking](https://www.CardioSmart.org/StopSmoking)

“Let food be thy medicine, thy medicine shall be the food”

Nutrition and Eating "Heart Healthy"

What we know

- Smart choices and healthy eating can help lower the risk of high blood pressure, high cholesterol, type 2 diabetes, and heart disease.
- Several eating plans - really more of a way of eating than so-called diets - are known to be helpful to the heart
 - The Dietary Approaches to Stop Hypertension (DASH) Diet
 - Mediterranean diet
 - Vegetarian diet
- Healthy eating is not just what we eat but also how we prepare our food.
- In general, it is a good idea to:
 - Make healthy choices when traveling or eating on the go.
 - Bake or grill food instead of frying.
 - Cut down on salt, use spices, lemon, or other means to flavor a dish.
 - Limit added sugar (sweetened drinks, pastries, some dairy products).
 - Choose healthy snack options.
- Ask if a referral to a dietician or nutritionist could help
- Find out more at CardioSmart.org/Nutrition and the NHLBI website.

What you can do

- There's no single approach for everyone
- In general, try to eat:
 - Fresh fruits and vegetables
 - Whole-grain foods
 - Lean proteins and certain fish like salmon, tuna, mackerel and sardines
 - Low-fat milk and dairy products
 - Healthy fats (nuts, seeds, avocado and vegetable oils)

Reduce Stress; Get Enough Rest

Start with Simple Changes

What we know

- Too much stress increases the likelihood of poor health habits like smoking and unhealthy eating. It can also hurt the heart and blood vessels.
- Research also shows that people who don't sleep enough are more likely to have heart troubles, and lack of sleep prompts the body to release stress hormones.
- Sleep apnea is a common condition that prevents rest. It increases the risk of high blood pressure, heart failure and other heart problems.

What you can do

- Take up activities that support your mind and body; examples include yoga, deep breathing, or relaxing music.
- Aim for seven or more uninterrupted hours of shut-eye a night.
- If you suspect you might have sleep apnea, talk with your care coordinator or provider. testing is available.
- Ask for a referral to a mental health expert or counselor if you think you need it. Many companies also offer employee assistance programs that are confidential and free.
- Find out more at [CardioSmart.org/SleepApnea](https://www.CardioSmart.org/SleepApnea).

FAQ's Healthy Blood Pressure

Here are a few common challenges that your Vital Remote Links' care coordinator can help with:



Where do I start?

How much does this cost?

What do I do if I'm too busy?

What if I have limited access to safe places to exercise?

What if I can't find affordable, healthy food options?

What if there are social expectations or pressures that get in the way?

I am dealing with depression or anxiety, what can I do?

I have heart disease (or another condition) and am worried about overtaxing my heart. What can I do?

***Getting started can be hard.
Your care coordinator is here to help.***

My Vital Remote Links Care Coordinator's Number is