

# Patient-Centered Hypertension Program

*Take Control of Your Blood Pressure*

This program helps you control your blood pressure better and improves your overall health and well-being.

## How Our Program Works

### Initial Assessment:

- **Getting Started:** If the program is a good fit for you, a Health Care Navigator will call to explain it and set up a time to talk about your health needs. **You can also call us at 415-502-4620.**
- **Duration:** This call will take about 15-20 minutes.

### Personalized Care:

- **Tailored Plan:** You'll meet with a nurse, pharmacist, or Health Care Navigator to make a care plan just for you. This plan will help you reach your health goals. It may include things like your medicines, what you eat, how you move your body, and healthy habits.

### Ongoing Support:

- **Regular check-ins:** You'll get one-on-one telehealth coaching and care coordination. Your navigator will check in with you to track your progress and answer any questions. They will call you every week or every other week.
- **Duration:** These calls will last 15-20 minutes each.

## Completing the Program - "What's Next?"

- **Review your Progress:** After a few weeks, we'll see how much you've improved. If you've reached your health care goals, you'll finish the program.
- **Continuing Care:** You'll resume regular check-ups with your primary care team.

## Meet Your Team:



Freddie Lopez, HCN



Rosalyn Cruz, HCN



Ana Calderon, HCN



Enda Tran, RN



Lindsey Clairmont, RN