Partner with Patients
Quick start guide

By partnering with patients to engage in self-management of their blood pressure (BP) and helping to remove obstacles to increase treatment adherence, care teams can help save and extend lives. Here are some steps your health care organization can take.

1. Assess how your health care organization currently encourages communication, medication adherence, and lifestyle intervention through patient partnership.

   It is important to understand how you and your health care organization currently partner with patients in order to identify ways to improve.

   Use the Partner with Patients Pre-assessment to help establish a baseline.

2. Build your team’s knowledge in evidence-based lifestyle interventions that can help patients manage hypertension.

   Watch the Partner with Patients webinar and receive CME or CE

   Review our library of on-demand webinars for additional offerings. CME/CE options are available.

3. Build your team’s knowledge in self-measured blood pressure (SMBP).

   SMBP has been shown to improve patient adherence to antihypertensive medications. Use the following tool to learn how to implement SMBP in your health care organization.

   SMBP Quick Start Guide
Educate patients on the consequences of uncontrolled high BP and lifestyle changes they can make to improve their BP.

Consequences of High Blood Pressure*

What Can I Do to Improve My Blood Pressure?*

Effects of Excessive Sodium

Life’s Simple 7

7 Salty Myths Busted

AMA MAP BP™ provides health care organizations with tools and resources to help ensure out-of-office blood pressure measurements are performed in accordance with the latest evidence-based clinical guidance.

To get the latest information from Target: BP, sign up for the newsletter.

*Available in Spanish