

# BLOOD PRESSURE CONTROL: WHAT MATTERS? PATIENT ENGAGEMENT

## WHY

Providers are not able to provide effective treatment for hypertension control if patients are not involved in the care process.



## WHAT

Informed, engaged, empowered, and activated patients are more likely to share in decision making with their providers and take responsibility and action for their own health.



## HOW

How can you help your patients be more engaged with their health?

1. Help patients track their own blood pressure: Use of a simple, low-cost blood pressure wallet card with patients at the time blood pressure is measured.
2. Engage in a brief shared goal setting conversation with patients to decide on a realistic improvement in self-management.

**PATIENT EMPOWERMENT**  
**PATIENT ACTIVATION**  
**PATIENT EFFECTIVENESS**

