

COACH Instructions- Invite through EHR link

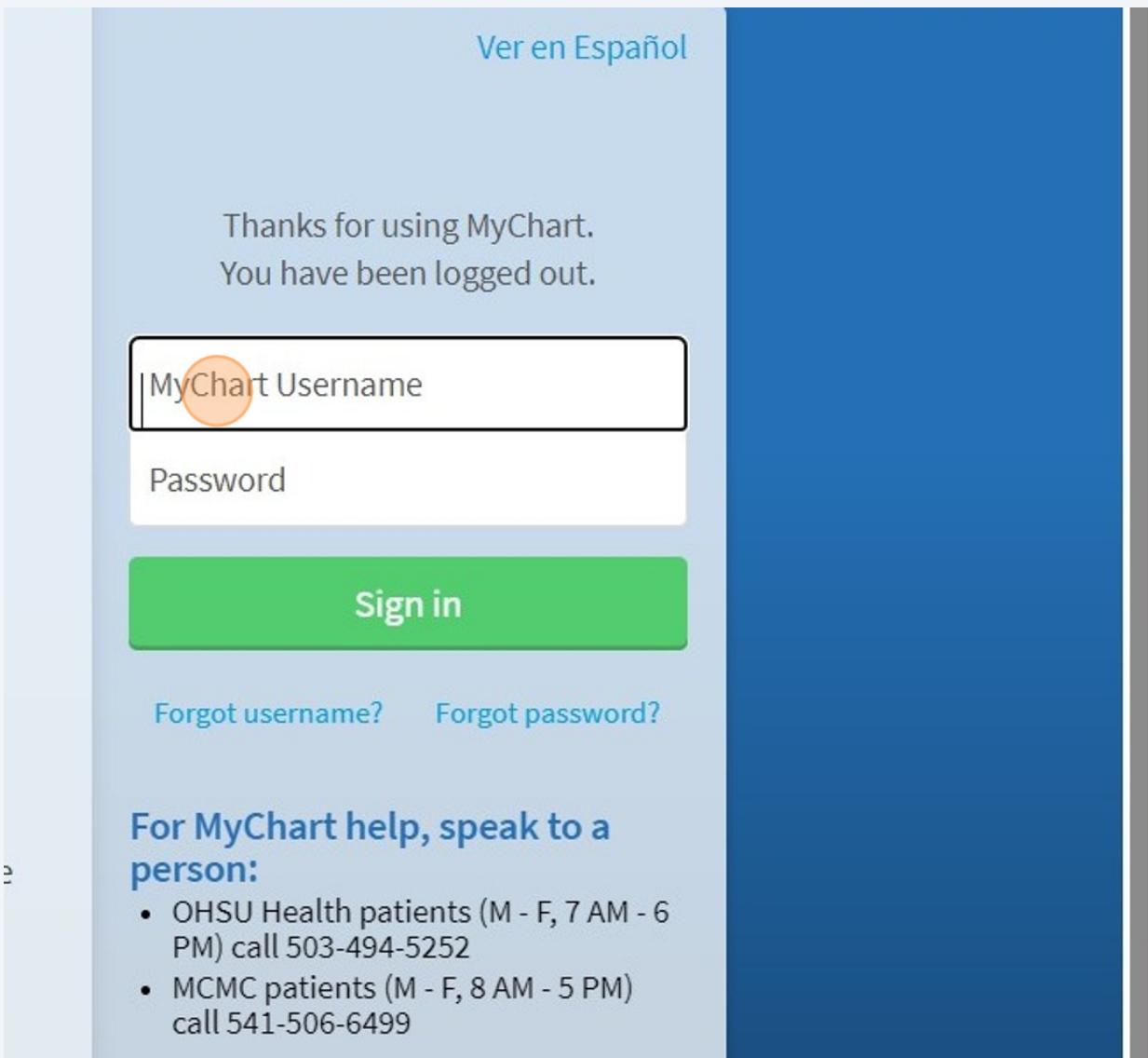


This guide provides step-by-step instructions on how to access and complete the COACH invite through an EHR link. If something is not clear, please feel free to contact study team at COACH-OHSU@ohsu.edu or call (833)-462-9191.

Accessing COACH

- 1 Navigate to your electronic health record login page

2 Click the "Username" field.



3 Type username and password for your electronic health chart

4 Click "Sign in"

The screenshot shows the MyChart sign-in interface. At the top, it says "Thanks for using MyChart. You have been logged out." Below this is a form field for "MyChart Username" containing "Kyle J". Underneath it is a password field with several dots. A large green "Sign in" button is centered below the fields, with a yellow circle highlighting it. Below the button are links for "Forgot username?" and "Forgot password?". To the left of the sign-in area, there is a sidebar with the OHSU Health logo and text about the secure online patient portal. Below the logo, there are two sections: one for communicating with a doctor and another for requesting prescription refills.

Secure, online patient portal for:
OHSU Health
Portland
Oregon

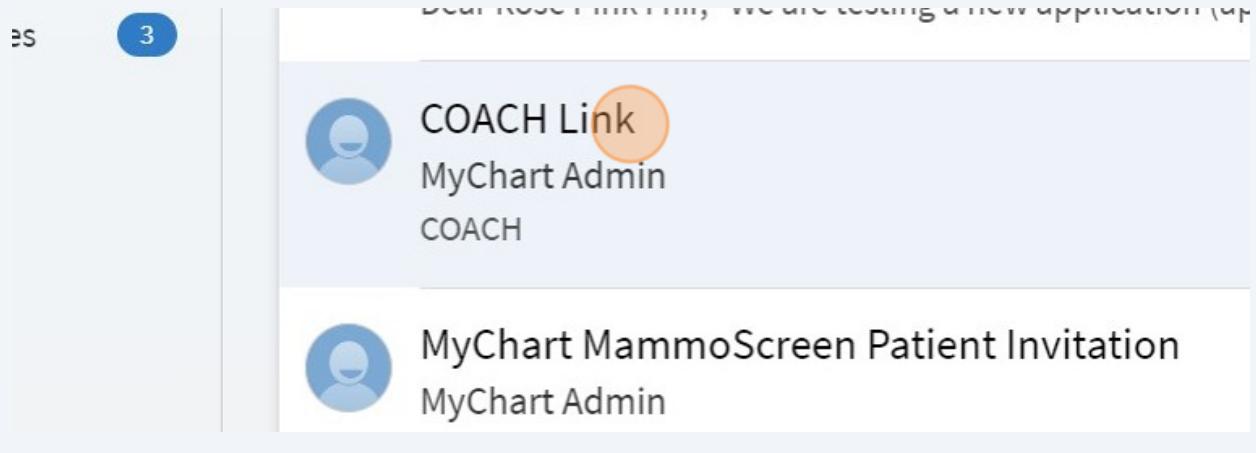
1 Communicate with your doctor
Get answers to your medical questions from the comfort of your own home

2 Request prescription refills

5 Click "Messages" and look for COACH Invite message

The screenshot shows the OHSU Health MyChart homepage. At the top, the OHSU Health MyChart logo is displayed. Below the logo is a navigation bar with five items: "Your Menu", "Visits", "Messages" (which has an orange circle around it), "Test Results", and "Medications". The "Messages" item is highlighted with a yellow circle. The main content area features a "Welcome!" message. The background of the page is blue and white.

- 6 Click COACH Link in the message by provider



- 7 Click on the link to learn more about COACH and verify eligibility.

pressure. We are hoping to find out ways to help people manage high blood pressure evidence-based strategies.

The study will last about 6 months. You will be asked to:

- Use the COACH app to collect home blood pressures
- Provide valuable insights by completing 3 surveys during the study; baseline, 2 months, 6 months.
- Participants will receive a dual channel OMRON BP Cuff and \$20 gift card for completing three surveys

Click [here](#) to check eligibility and enroll.

You do not have to be in this study. Your choice to participate in this study will have no effect on the medical care you receive at OHSU. **If you do not participate in the study, please monitor your home blood pressure and submit your home blood readings as directed by your doctor.**

If you prefer not to participate, click [here](#) and decline participation. If we do not hear from you, we will assume you want to participate.

Landing page

- 8 Consent is obtained before COACH is launched. Home page is the landing page right after login.

The screenshot shows the COACH home page. At the top, there is a navigation bar with links for Home, Goals, Home BP Readings, My Medications, Resources, Refresh, and Log Out. Below the navigation bar, it displays "Kyle J - 22 years Male". A teal header bar says "High Blood Pressure Control". The main content area shows "Your blood pressure:" followed by "Most Recent BP: 141 systolic" and "84 diastolic". Below this, there is a link to "Click here to authenticate and synchronize with Omron.", a current blood pressure goal of "Below 140 / 90 (update)", and a note about adverse events: "Your Adverse Events: Acute kidney problem".

- 9 Home page will have a stop sign for extremely high or low blood pressure. In the recommendations sections you can find instructions for next steps and educational materials.

The screenshot shows the COACH home page. It features a large red octagonal "STOP" sign graphic. The main content area shows "Your blood pressure:" followed by "Most Recent BP: 180 systolic" and "119 diastolic". Below this, a red warning message says "Warning: Your BP is very high. Take action below.". The page also includes a link to "Click here to authenticate and synchronize with Omron.", a current blood pressure goal of "Below 140 / 90 (update)", and a note about adverse events: "Your Adverse Events: Acute kidney problem". Below the main content, there are two teal header bars: "Recommendations" and "Blood Pressure Warning".

Home Tabs

- 10** Click "Goals" to update your goal with the help of your doctor. and view your current lifestyle goals

The screenshot shows the COACH app's navigation bar with options: Home, Goals (circled in orange), Home BP Readings, My Medications, and Resources. Below the bar, it displays a user profile for Kyle J - 22 years Male. A teal header bar contains the text "High Blood Pressure Control". Underneath, there are fields for "Your blood pressure:" and "Most Recent BP:", both currently empty.

- 11** A default goal is set. Update your BP goal only if you have discussed a different goal with your care team. Below the blood pressure goal you can see the lifestyle goals that are in progress or completed

The screenshot shows the COACH app's navigation bar with options: Home, Goals, Home BP Readings, My Medications, and Resources. Below the bar, it displays a user profile for Kyle J - 22 years Male. A teal header bar contains the text "My Blood Pressure Goal". Below it, a note says "Update your BP goal only if you've discussed a different goal with your care team." It shows a current goal of "135 / 85" with an "Update" button (circled in orange) next to it.

Adding Home Blood Pressure Readings

- 12** Click "Home BP Readings" to record home blood pressure readings

The screenshot shows the COACH app's navigation bar with options: Home, Goals, Home BP Readings (circled in orange), My Medications, and Resources. Below the bar, it displays a user profile for Kyle J - 22 years Male. A teal header bar contains the text "High Blood Pressure Control". Underneath, there are fields for "Your blood pressure:" and "Most Recent BP:", both currently empty.

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Click the fields and enter blood pressure following the protocol at the bottom of the page

 Kyle J - 22 years Male

[Home Blood Pressure Entry](#) [Historical Readings](#)

 **Home Blood Pressure Readings**

Please enter your blood pressure measurements below. If your blood pressure device also measures your pulse rate, please enter those measurements as well.

First Measurement

Systolic		mm Hg
Diastolic		mm Hg
Pulse	bpm	

Second Measurement (Re-measure in 5 minutes)

Systolic		mm Hg
Diastolic		mm Hg
Pulse		bpm

Please enter the date and approximate time of these measurements:

Date:

Time:

[Use Current Date and Time](#)

14 Follow the protocol to measure your blood pressure correctly

COACH Home Goals Home BP Readings My Medications Resources ▾ Refresh Log Out

Blood Pressure Measurement Instructions

30 minutes before measurement:

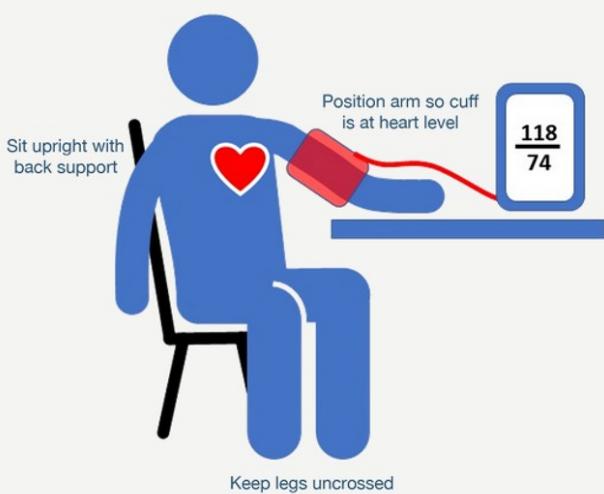
- Do not smoke
- Do not drink alcohol
- Do not drink caffeine
- Do not exercise
- Try to use the bathroom

Proper cuff use:

- Use arm cuff
- Above the elbow
- On bare skin, not over clothing
- Snug, but allow 2 fingers inside

Measurements:

- Rest for 5 minutes
- Do not talk or look at the phone
- Record your measurement
- Wait 5 minutes
- Repeat the measurement
- If measurements are inconsistent, consider a third



15 Click "Use Current Date and Time" if your blood pressure is current

COACH Home Goals Home BP Readings My Medications Resources ▾ Refresh Log Out

Please enter the date and approximate time of these measurements:

Date: 01-02-2024

Time: 11:25 am

Use Current Date and Time

16 Click "Save" to save your blood pressure entry

The screenshot shows a mobile application interface for managing health goals. At the top, there is a navigation bar with the COACH logo and links for Home, Goals, Home BP Readings, My Medications, and Resources. Below the navigation bar, the time is displayed as 08:49 pm. A question asks if the user followed instructions when measuring blood pressure, with 'Yes' selected. A large orange circle highlights the 'Save' button, which is also highlighted with a yellow border. Below the question, there is a link to 'Hide Instructions'. A large callout box titled 'Blood Pressure Measu' (partially cut off) contains instructions: '30 minutes before measurement:' followed by a bullet point: '• Do not smoke'. The entire screenshot is framed by a light gray border.

Historical Readings

17 To check your previous blood pressure readings click "Home BP Readings"

The screenshot shows the COACH app interface again, focusing on historical blood pressure readings. The navigation bar at the top includes the COACH logo and links for Home, Goals, Home BP Readings (which is highlighted with an orange circle), My Medications, and Resources. Below the navigation bar, a user profile is shown: a male icon labeled 'Kyle J - 22 years Male'. A green header bar displays the text 'High Blood Pressure Control'. In the main content area, the text 'Your blood pressure:' is visible. The entire screenshot is framed by a light gray border.

18 Click "Historical Readings"

Kyle J - 22 years Male

Home Blood Pressure Entry Historical Readings

Home Blood Pressure Readings

Please enter your blood pressure measurements below. If your blood pressure device also measures your pulse enter those measurements as well.

First Measurement		Second Measurement (Re-measure in 1 minute)	
Systolic	mm Hg	Systolic	mm Hg
Diastolic	mm Hg	Diastolic	mm Hg

19 You can view all previous readings on this page

Kyle J - 22 years Male

Home Blood Pressure Entry Historical Readings

Historical Readings

Reading Timestamp	Reading Type	Value
4/20/23 1:16 PM	BP Panel	137/85 mm[Hg]
5/21/23 1:16 PM	BP Panel	141/84 mm[Hg]
1/1/24 9:15 AM	BP Panel	180/119 mmHg
1/1/24 9:15 AM	Pulse	90 beats/minute

Resources Tab

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On the home page Click "Resources" for helpful educational material and learning when to call 911

The screenshot shows a mobile application interface. At the top, there is a navigation bar with links: Home, Goals, Home BP Readings, My Medications, Resources (with a dropdown arrow), and Refresh. Below the navigation bar, the user's profile information is displayed: Kyle J - 22 years Male. A teal-colored section titled "High Blood Pressure Control" contains the text "Your blood pressure goal is 135/85 mmHg". To the right of this section is a vertical "Resources" menu with several items listed:

- Frequently Asked Questions
- Emergency Symptoms
- Side Effects to Report
- COACH Welcome Video
- Risks of Hypertension Study Results
- COACH Written Instructions
- OMRON Instructions
- Counseling
- Diet
- Weight Loss
- Physical Activity
- Smoking Cessation

At the bottom left of the screen, there is a note: "here to authenticate and synchronize with Omron." Below this, it says "Current Blood Pressure Goal: **Below 135 / 85** (update)".

Side Effect Reporting/Detection

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If a side effect is detected through your electronic health record it will appear in this format on home page. Click "Yes" or "No"

The screenshot shows a mobile application interface. At the top, there is a green header bar with the title "Recommendations". Below this is a blue header bar titled "Potential Side Effect Detection". On the left, there is a red STOP sign icon next to the heading "Report Side Effect". The text explains that a side effect can be any undesirable outcome that results from blood pressure management. It encourages users to contact their care team if they are experiencing symptoms. On the right, there is a yellow box containing the question "Have you discussed any of these conditions with your care team?". Inside this box, the text "Acute kidney problem" is listed. Below it are two radio buttons: "Yes" (which is selected) and "No". To the right of the radio buttons is a blue button labeled "Register Action". At the bottom of the yellow box, there are two links: "Contact care team" and "Contact your care team if you are currently experiencing a side effect".

22 Hit "Register Action" for next steps

Conditions

Effect Detection

Side Effect

: can be any undesirable outcome that may occur during blood pressure management. You may experience a condition that may be a side effect. If you are currently experiencing ongoing symptoms, please contact your provider.

Have you discussed any of these conditions with your care team?

Acute kidney problem

Yes
 No

Contact care team

[Contact your care team if you are currently experiencing a side effect](#)

Register Action