

COACH Instructions- Invite through EHR link

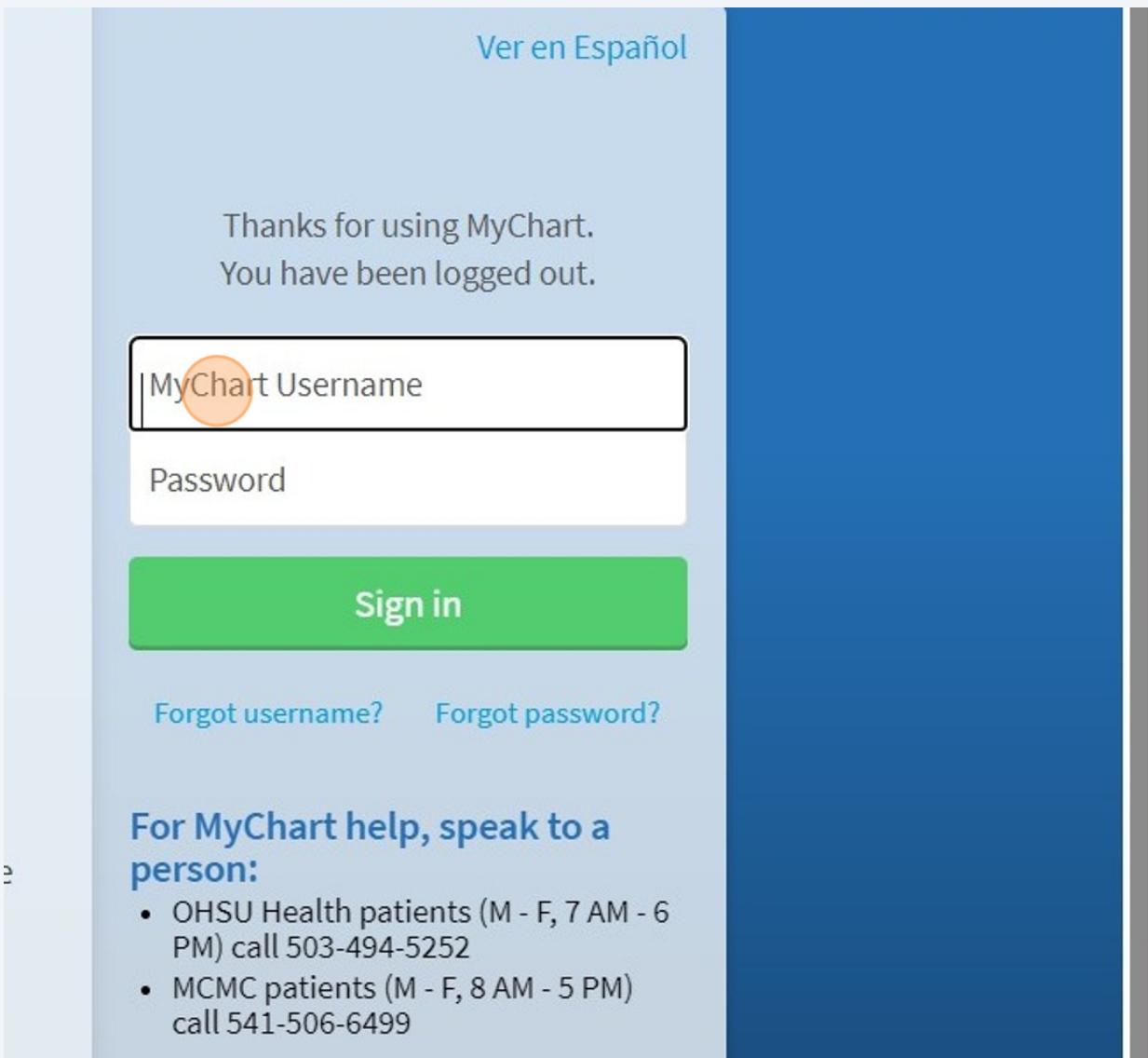


This guide provides step-by-step instructions on how to access and complete the COACH invite through an EHR link. If something is not clear, please feel free to contact study team at COACH-OHSU@ohsu.edu or call (833)-462-9191.

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. To the left of the sign-in area, there is a sidebar with the OHSU Health logo and text about secure online patient portal for Portland Center. Below this are two icons: one for communicating with a doctor and another for requesting prescription refills.

5 Click "Messages" and look for COACH Invite message

The screenshot shows the OHSU Health MyChart dashboard. 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 word "Welcome!" is centered at the bottom of the dashboard.

- 6 Click COACH Link in the message by provider

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COACH Link
MyChart Admin
COACH



MyChart MammoScreen Patient Invitation
MyChart Admin

- 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.

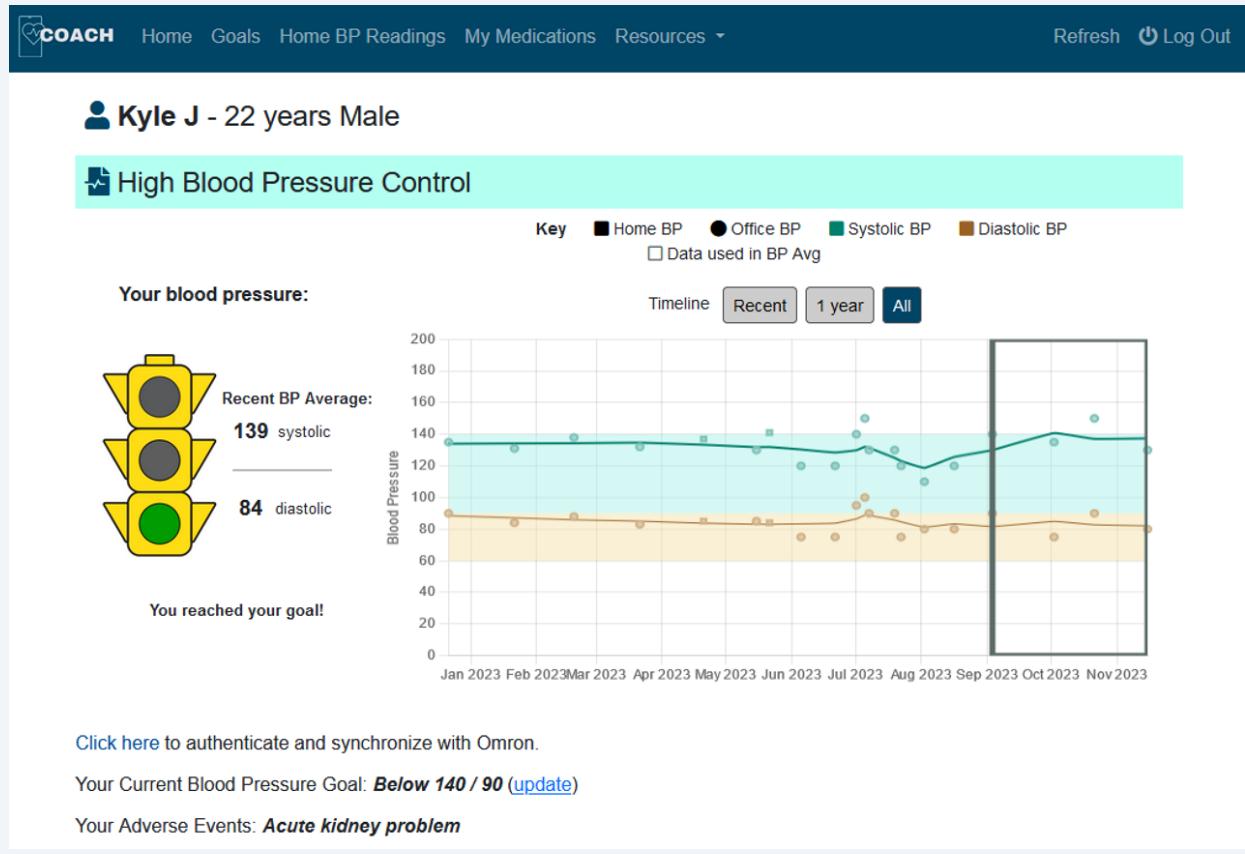
You do not have to be in this study. Your choice to participate in this study will have no effect on the medical care you receive at OHSU. **If you do not participate in the study, please monitor your home blood pressure and submit your home blood readings as directed by your doctor.**

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.

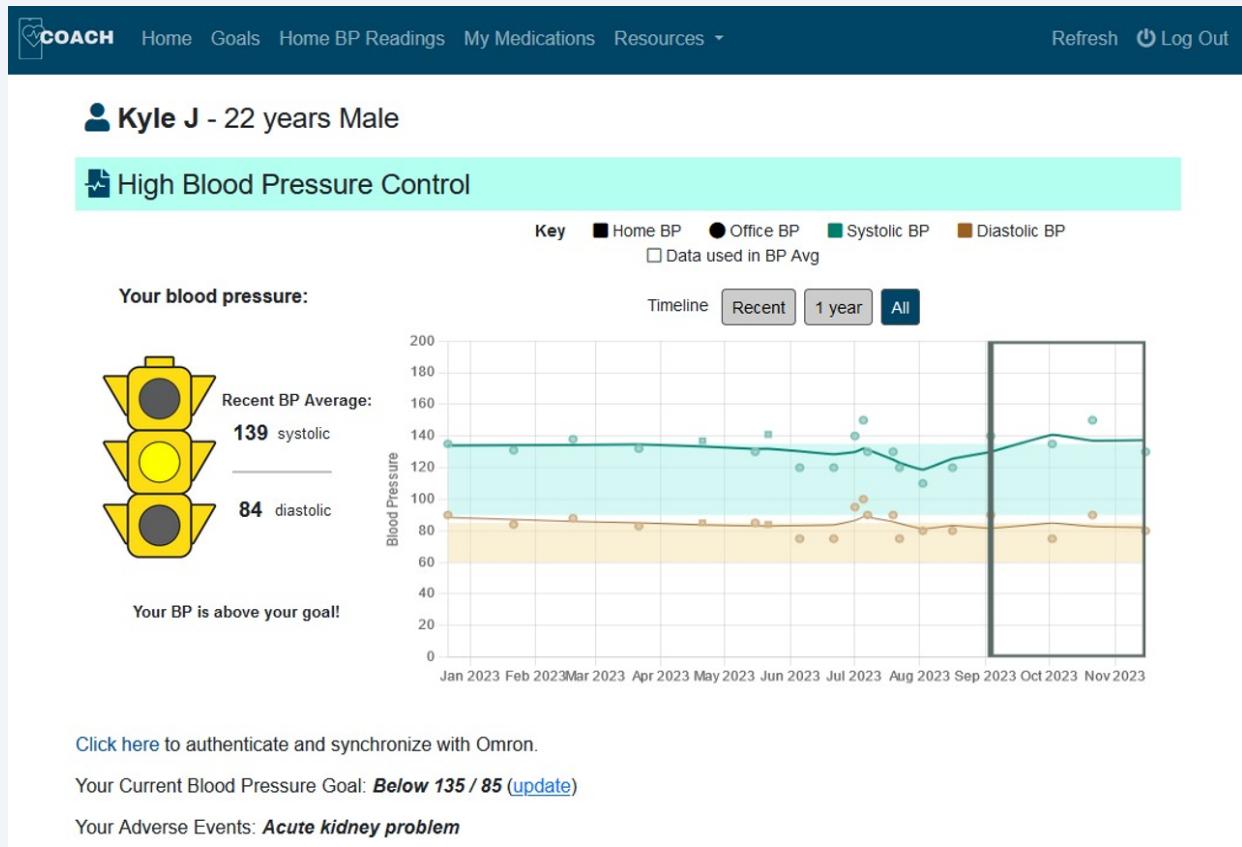
Landing page

8

Consent is obtained before COACH is launched. Home page is the landing page right after login. This screen will look different depending on the participant's blood pressure control status.



9 It might be yellow if blood pressure is above goal



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Home page will look like this if enough blood pressures are not taken. Once you have enough measurements you will see one of the other screens.

Kyle J - 22 years Male

High Blood Pressure Control

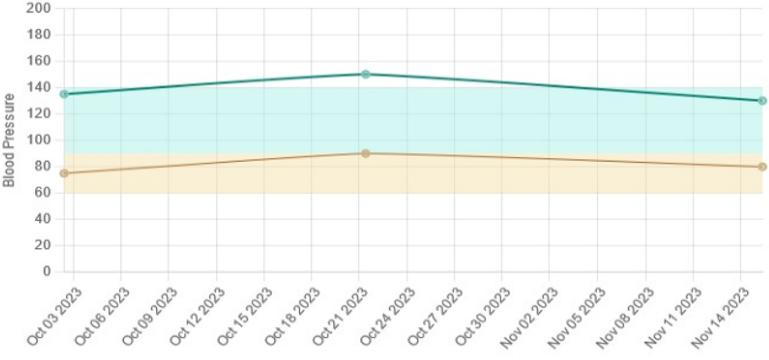
Key ■ Home BP ● Office BP ■ Systolic BP ■ Diastolic BP
□ Data used in BP Avg

Your blood pressure:



Enter more blood pressures to see average

Blood Pressure Timeline: Recent, 1 year, All



Click here to authenticate and synchronize with Omron.

Your Current Blood Pressure Goal: **Below 140 / 90** ([update](#))

Your Adverse Events: **Acute kidney problem**

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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.

Kyle J - 22 years Male

High Blood Pressure Control

Your blood pressure:



Most Recent BP:
180 systolic
—
119 diastolic

Warning: Your BP is very high. Take action below.

Click here to authenticate and synchronize with Omron.

Your Current Blood Pressure Goal: **Below 140 / 90** ([update](#))

Your Adverse Events: **Acute kidney problem**

Blood Pressure and Lifestyle Goal Setting

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When your blood pressure is above goal you can set some lifestyle goals on home page including increasing physical activity, low sodium intake and alcohol moderation

Therapy - Lifestyle changes

Discuss alcohol moderation.
Reducing your alcohol consumption will help lower your blood pressure, along with other health risks. Please discuss methods to reduce your drinking with your care team.
AHA: Alcohol and High Blood Pressure
Alcohol Counseling

- [Learn more about alcohol moderation.](#)

Set an Alcohol Moderation Goal
 Reduce my alcohol consumption to quantity drinks per time period
 Describe your goal here

When do you want to achieve this goal?
 --Select Date--

Discuss dietary changes (with salt/sodium reduction).
Choosing the DASH diet, a low-sodium diet or another heart-healthy diet, may lower your elevated blood pressure and reduce your risk of heart attack and stroke. Please discuss potential dietary changes with your care team.

Set a Nutrition/Diet Change Goal
 Avoid eating food item for the next quantity week(s)

13

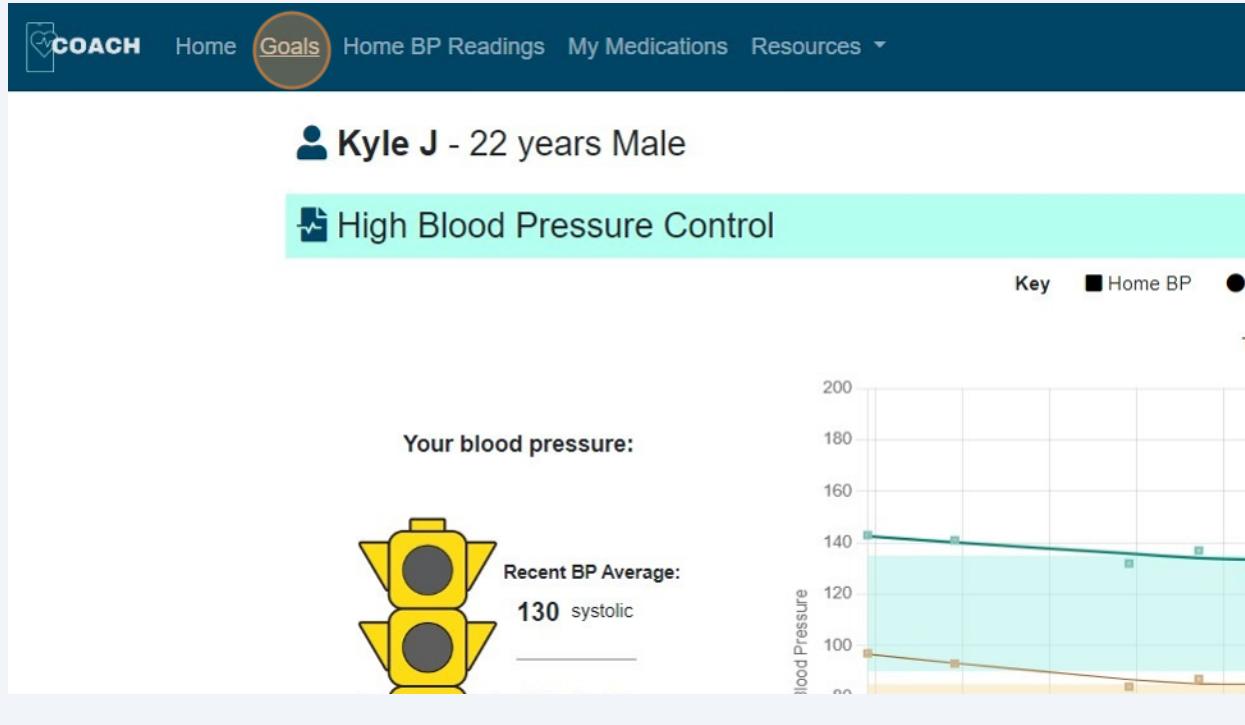
Click "Commit to Goal" and record progress in Goals tab

Alcohol Moderation Goal
Reduce my alcohol consumption to 1 quantity drinks per time period
 Commit to Goal

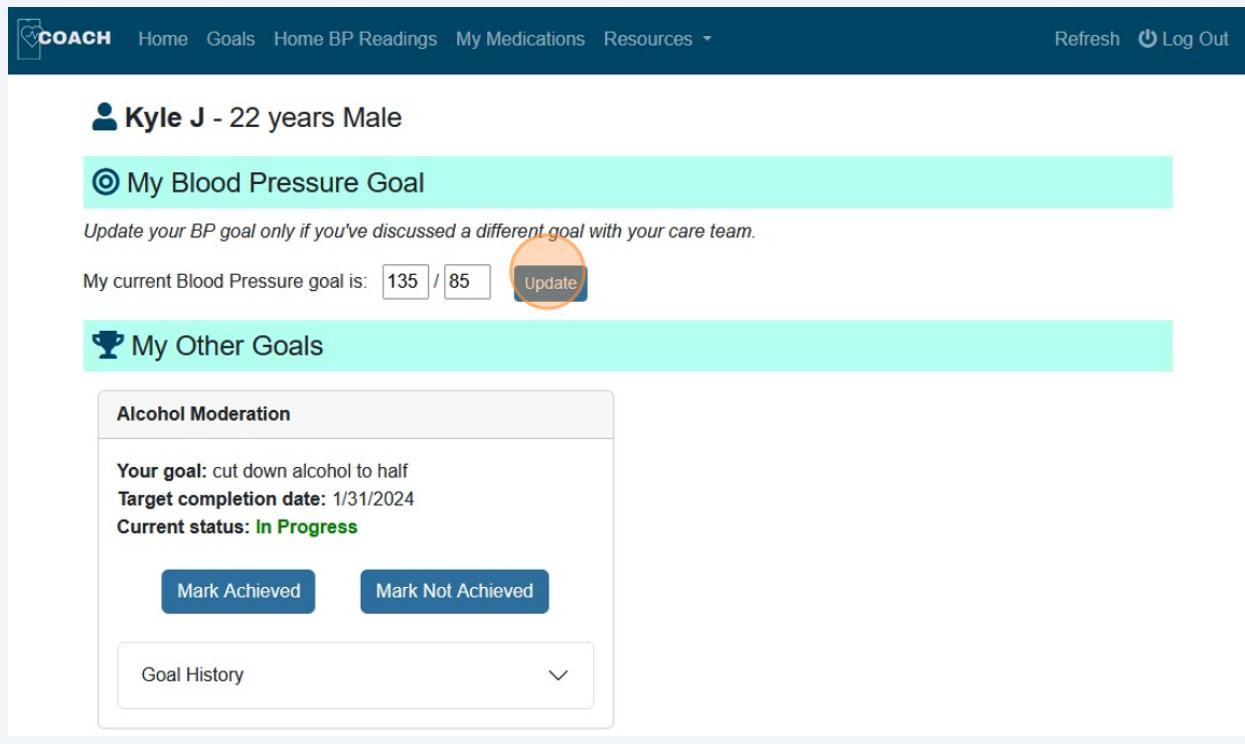
want to achieve this goal?

Nutrition/Diet Change Goal
Avoid eating food item for the next quantity week(s)
 Commit to Goal

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



15 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



Adding Home Blood Pressure Readings

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

The screenshot shows the COACH app interface. At the top, there is a navigation bar with links for Home, Goals, Home BP Readings (which is highlighted and has a yellow circle around it), My Medications, and Resources. On the far right are Refresh and Log Out buttons. Below the navigation bar, the user profile is displayed: Kyle J - 22 years Male. A teal header bar says "High Blood Pressure Control". Underneath, there is a legend: Key (Home BP, Office BP, Systolic BP, Diastolic BP), Data used in BP Avg, Your blood pressure:, Timeline (Recent, 1 year, All), and a graph area with a scale from 200.

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

The screenshot shows the COACH app interface for entering home blood pressure readings. At the top, there is a navigation bar with links for Home, Goals, Home BP Readings (highlighted and has a yellow circle around it), My Medications, and Resources. On the far right are Refresh and Log Out buttons. Below the navigation bar, the user profile is displayed: Kyle J - 22 years Male. A teal header bar says "Home Blood Pressure Readings". The instructions say: "Please enter your blood pressure measurements below. If your blood pressure device also measures your pulse rate, please enter those measurements as well." There are two sections for measurements: "First Measurement" and "Second Measurement (Re-measure in 5 minutes)". Each section has fields for Systolic, Diastolic, and Pulse, with "mm Hg" and "bpm" units respectively. Below the measurement sections, there is a note: "Please enter the date and approximate time of these measurements:". There are input fields for "Date" (with placeholder "--Select Date--") and "Time", and a button "Use Current Date and Time".

18 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:

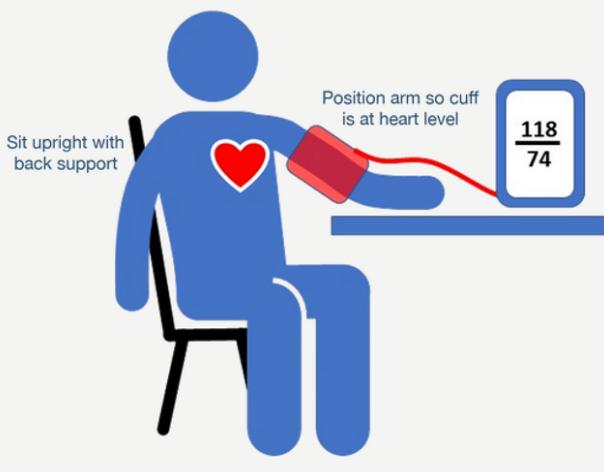
- Do not smoke
- Do not drink alcohol
- Do not drink caffeine
- Do not exercise
- Try to use the bathroom

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



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

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

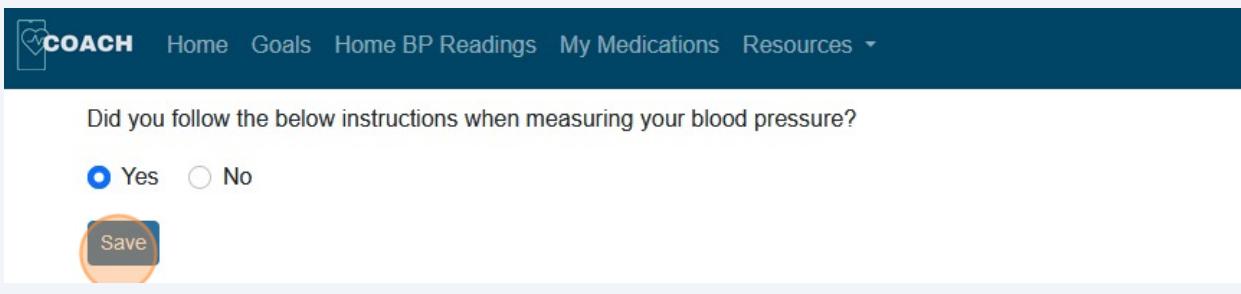
Please enter the date and approximate time of these measurements:

Date: 01-02-2024

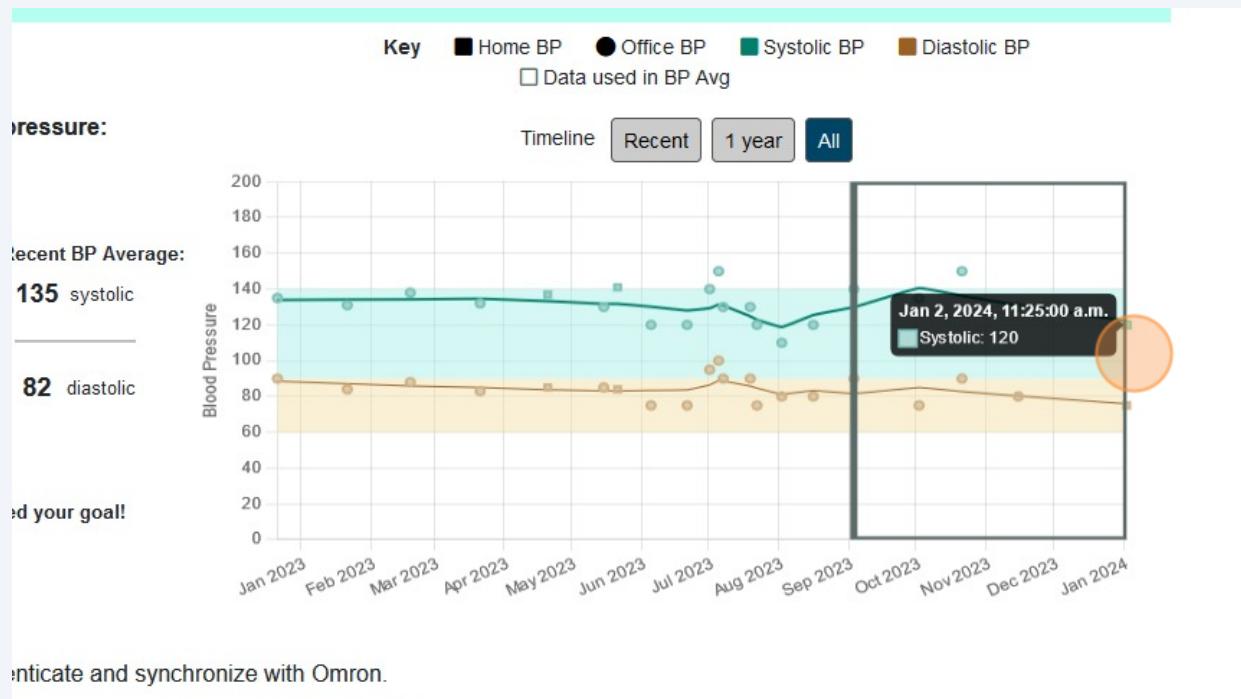
Time: 11:25 am

Use Current Date and Time

20 Click "Save" to save your blood pressure entry

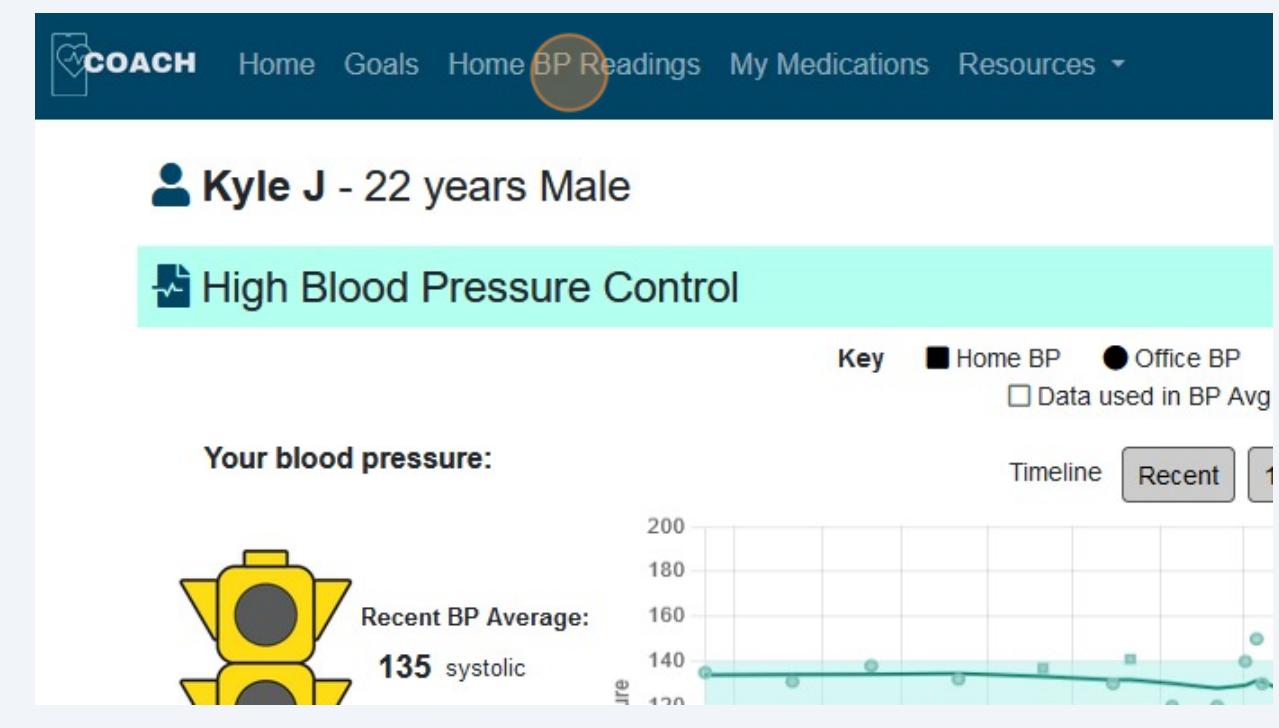


21 The newest blood pressure measurement will appear on the graph on home page



Historical Readings

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



23 Click "Historical Readings"

The screenshot shows the "Historical Readings" section of the app. It features a header with "Home Blood Pressure Entry" and "Historical Readings" (which is highlighted with an orange circle). Below is a section titled "Home Blood Pressure Readings" with instructions: "Please enter your blood pressure measurements below. If your blood pressure device also measures your pulse rate, please enter those measurements as well." There are two sets of input fields for "First Measurement" and "Second Measurement (Re-measure in 5 minutes)". Each set includes fields for Systolic and Diastolic pressure in mm Hg.

24 You can view all previous readings on this page

The screenshot shows the COACH app interface. At the top, there is a navigation bar with links for Home, Goals, Home BP Readings, My Medications, Resources (with a dropdown arrow), Refresh, and Log Out. Below the navigation bar, it says "Kyle J - 22 years Male". There are two tabs: "Home Blood Pressure Entry" (which is selected) and "Historical Readings". The "Historical Readings" section has a title "Historical Readings" and a table with four rows of data:

| 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] |
| 1/2/24 11:25 AM | Pulse | 120/75 mmHg |

Resources Tab

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

The screenshot shows the COACH app interface with the "Resources" tab selected. At the top, there is a navigation bar with links for Home, Goals, Home BP Readings, My Medications, Resources (with a dropdown arrow), Refresh, and Log Out. Below the navigation bar, it says "Kyle J - 22 years Male". The main content area has a title "High Blood Pressure Control". On the left, there is a "Key" section with a yellow traffic light icon and text: "Recent BP Average: 135 systolic" and "82 diastolic". Below this, it says "You reached your goal!". To the right, there is a graph titled "Blood Pressure" with a teal line showing systolic pressure and a brown line showing diastolic pressure over time. A legend indicates that the brown line represents "Diastolic BP". A sidebar on the right lists various resources and counseling topics:

- 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
- Alcohol Moderation

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"

Recommendations

Potential Side Effect Detection



Report Side Effect

A side effect can be any undesirable outcome that results from blood pressure management. You recently had a condition that may be a side effect. If you are currently experiencing ongoing symptoms, we strongly recommend reaching out to your primary care provider.

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

Acute kidney problem

- Yes
 No

Register Action

Contact care team

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

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Hit "Register Action" for next steps

Recommendations

Potential Side Effect Detection



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