

# COACH Instructions- Invite through EHR link

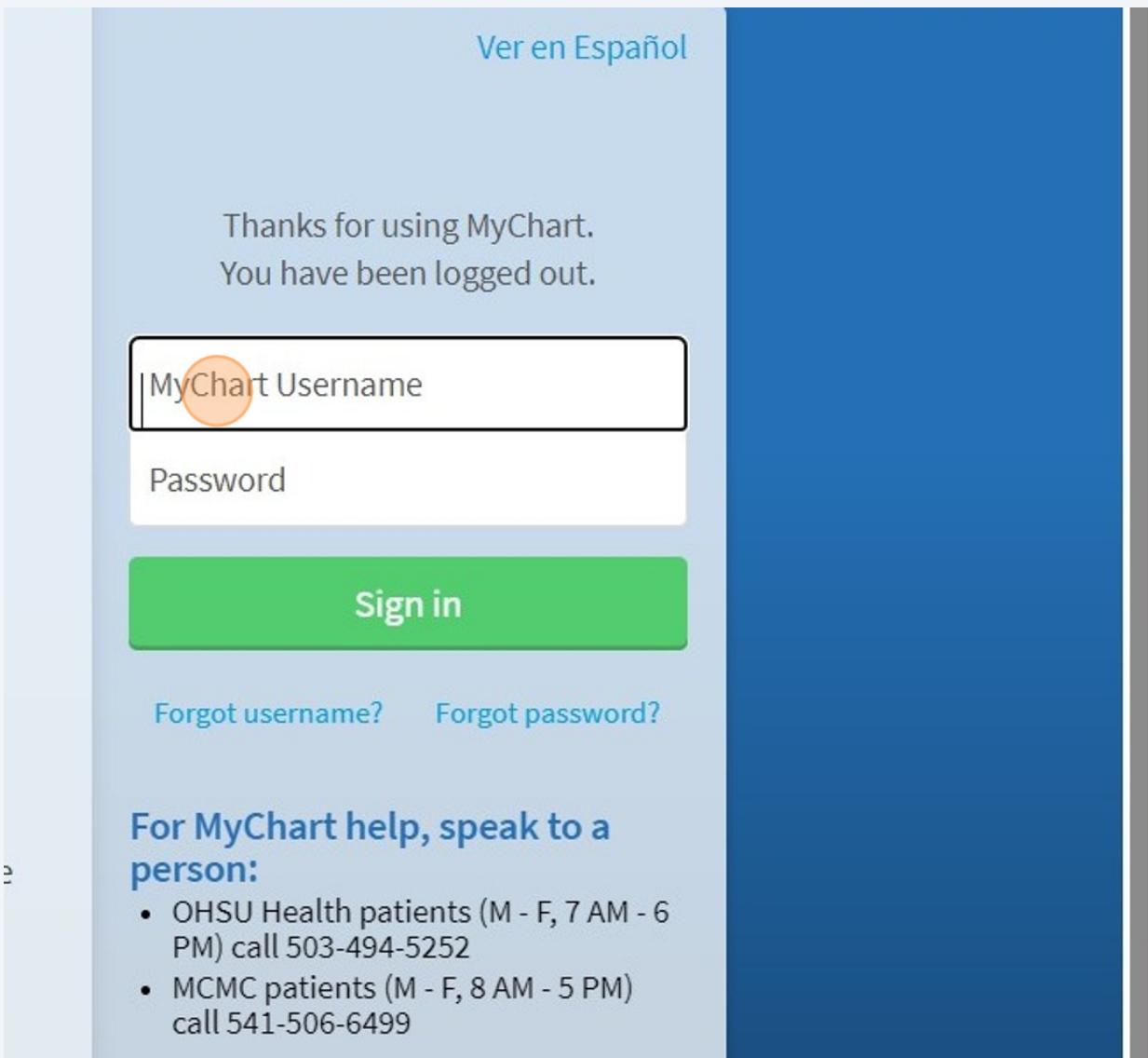


This guide provides step-by-step instructions on how to access and complete the COACH invite through an EHR link. If something is not clear, please feel free to contact study team at COACH-OHSU@ohsu.edu or call (833)-462-9191.

## Accessing COACH

- 1 Navigate to your electronic health record login page

**2** Click the "Username" field.



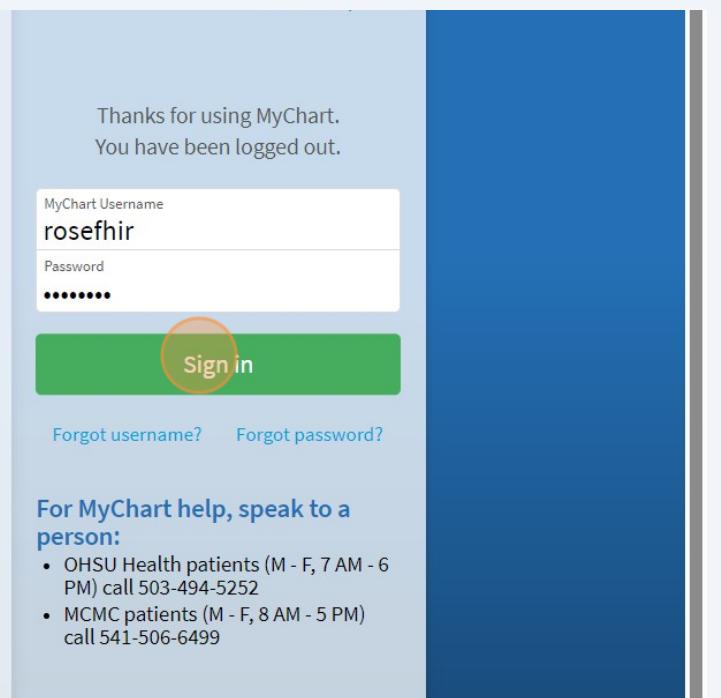
**3** Type username and password for your electronic health chart

**4** Click "Sign in"

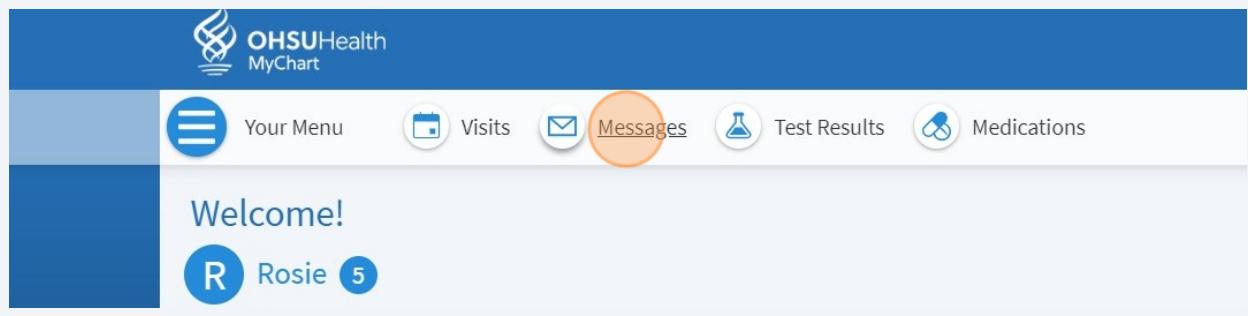
Health

Secure, online patient portal for:  
Portland  
Center

- Communicate with your doctor  
Get answers to your medical questions from the comfort of your own home
- Request prescription refills



**5** Click "Messages" and look for COACH Invite message



**6** Click COACH Link in the message by provider

DEAR ROSE PINK FIR, WE WOULD LIKE TO INVITE YOU TO PARTICI

eCare Invite  
MyChart Admin  
Dear Rose Pink Fhir, We are testing a new application (ap

13  
3

COACH Link  
MyChart Admin  
COACH

MyChart MammoScreen Patient Invitation  
MyChart Admin  
Dear Rose Pink Fhir, We would like to invite you to particip

**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

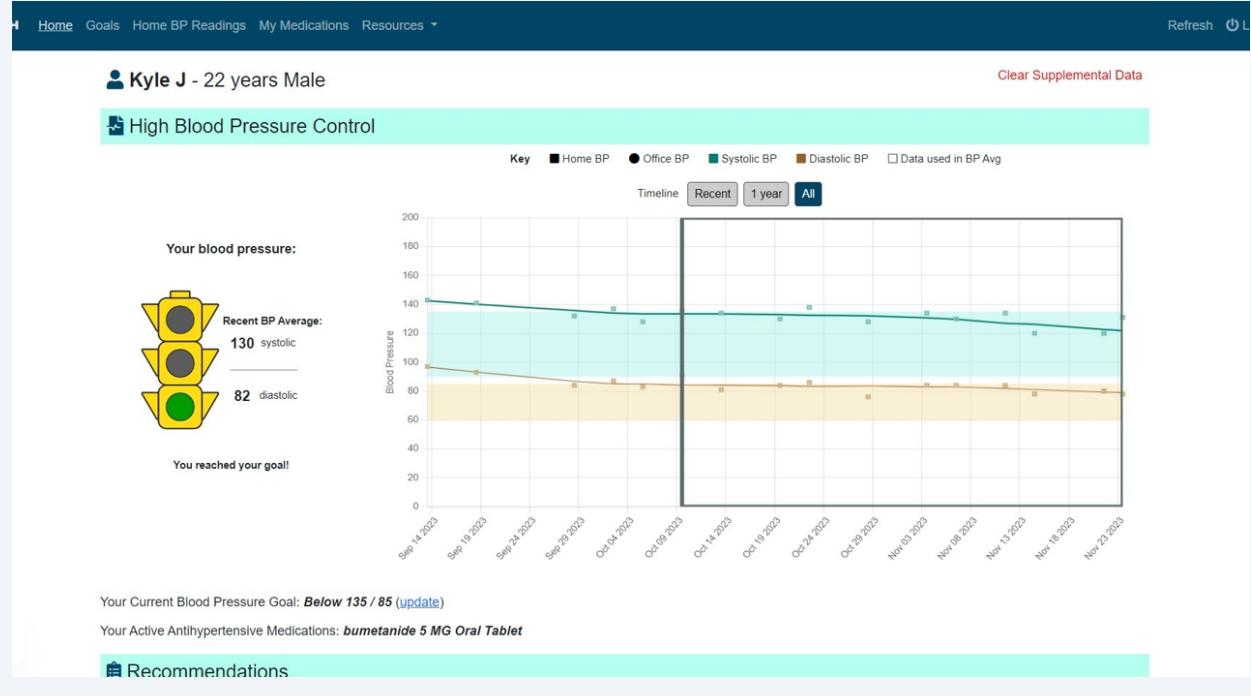
Click [here](#) to check eligibility and enroll.

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 own 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



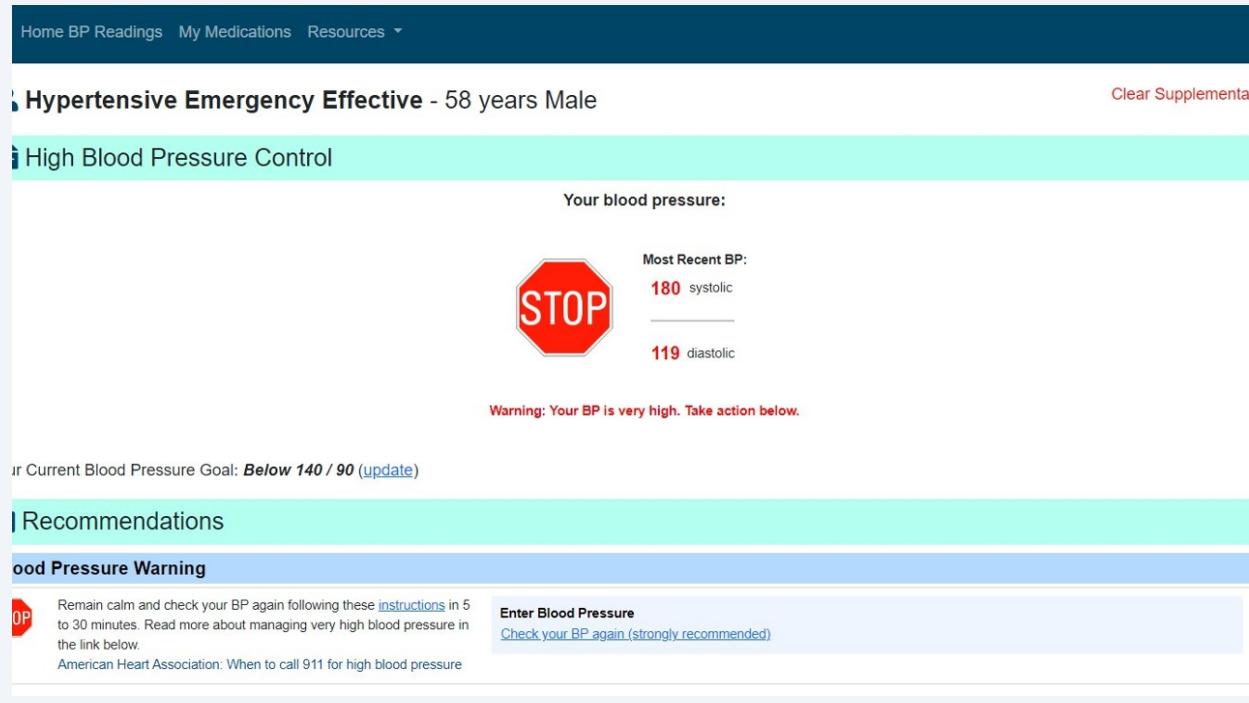
10

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.



11

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.



## Blood Pressure and Lifestyle Goal Setting

12

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

The screenshot shows a mobile application interface for managing health goals. At the top, there are navigation links: BP Readings, My Medications, and Resources. Below this, a message encourages users to discuss options with their care team if they are experiencing excessive stress or new over-the-counter remedies. A section titled "- Lifestyle changes" is displayed, featuring two main goal-setting sections:

- Set an Alcohol Moderation Goal:** This section includes a radio button labeled "Reduce my alcohol consumption to [quantity] [drinks per time period]", another radio button for "Describe your goal here", and a dropdown menu for selecting a date.
- Set a Nutrition/Diet Change Goal:** This section includes a radio button labeled "Avoid eating [food item] for the next [quantity] week(s)".

Below these sections, there is a reminder about strategies for alcohol moderation and a discussion about dietary changes (with salt/sodium reduction).

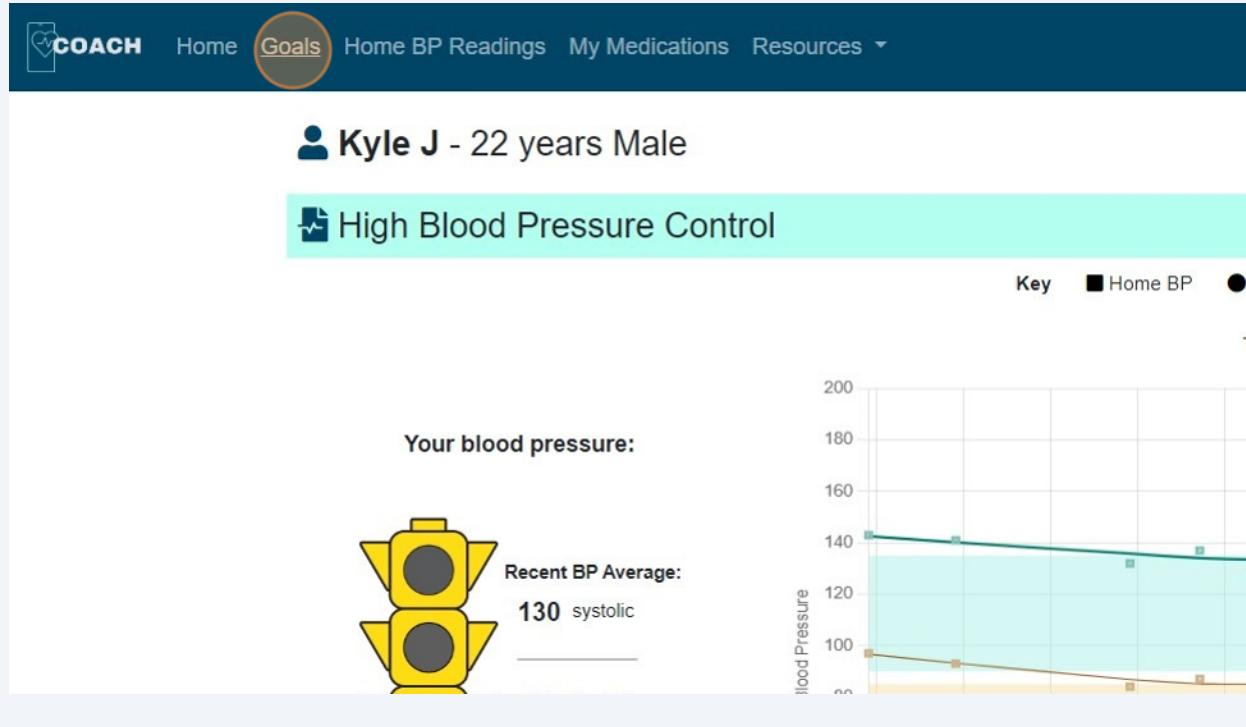
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Click "Commit to Goal" and record progress in Goals tab

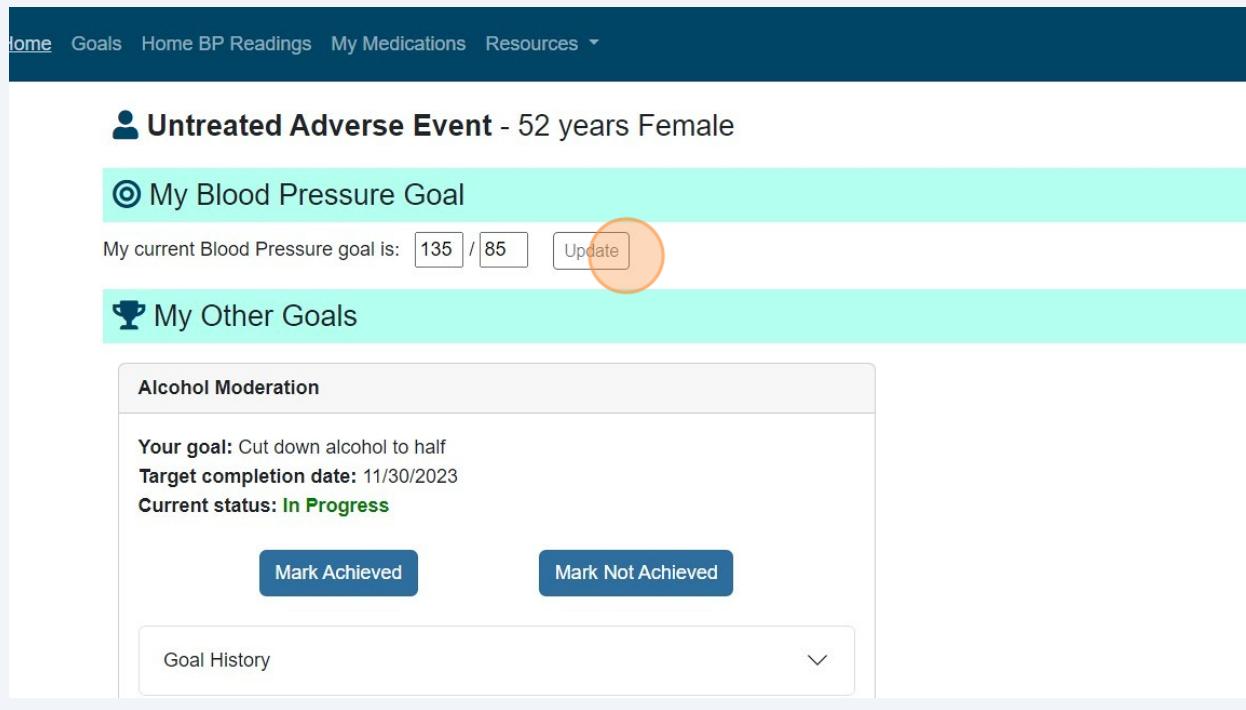
The screenshot shows the same mobile application interface as the previous one, but with the "Commit to Goal" button highlighted with an orange circle. The interface displays two goal sections:

- Alcohol Moderation Goal:** Set to "Reduce my alcohol consumption to 1 drinks per week". The "Commit to Goal" button is highlighted.
- Nutrition/Diet Change Goal:** Set to "Avoid eating [food item] for the next [quantity] week(s)". The "Commit to Goal" button is also highlighted.

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

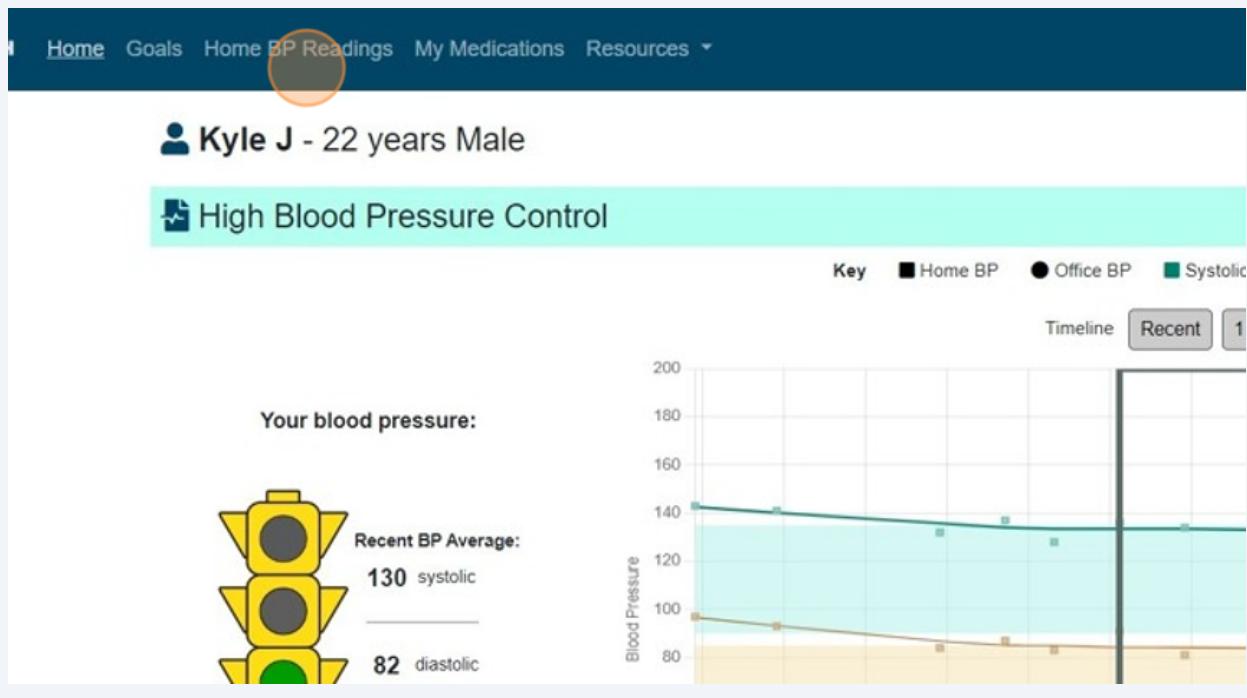


- 15** A default goal is set. Update your BP goal only if you have discussed a different goal with your care team. Below the blood pressure goal you can see the lifestyle goals that are in progress or completed.



## Adding Home Blood Pressure Readings

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



17

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

 COACH Home Goals Home BP Readings My Medications Resources ▾

 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.

**First Measurement**

<input type="text" value="L"/>		mm Hg
Diastolic		mm Hg
Pulse	bpm	Pulse

**Second Measurement**

Systolic
Diastolic

Please enter the date and approximate time of these measurements:

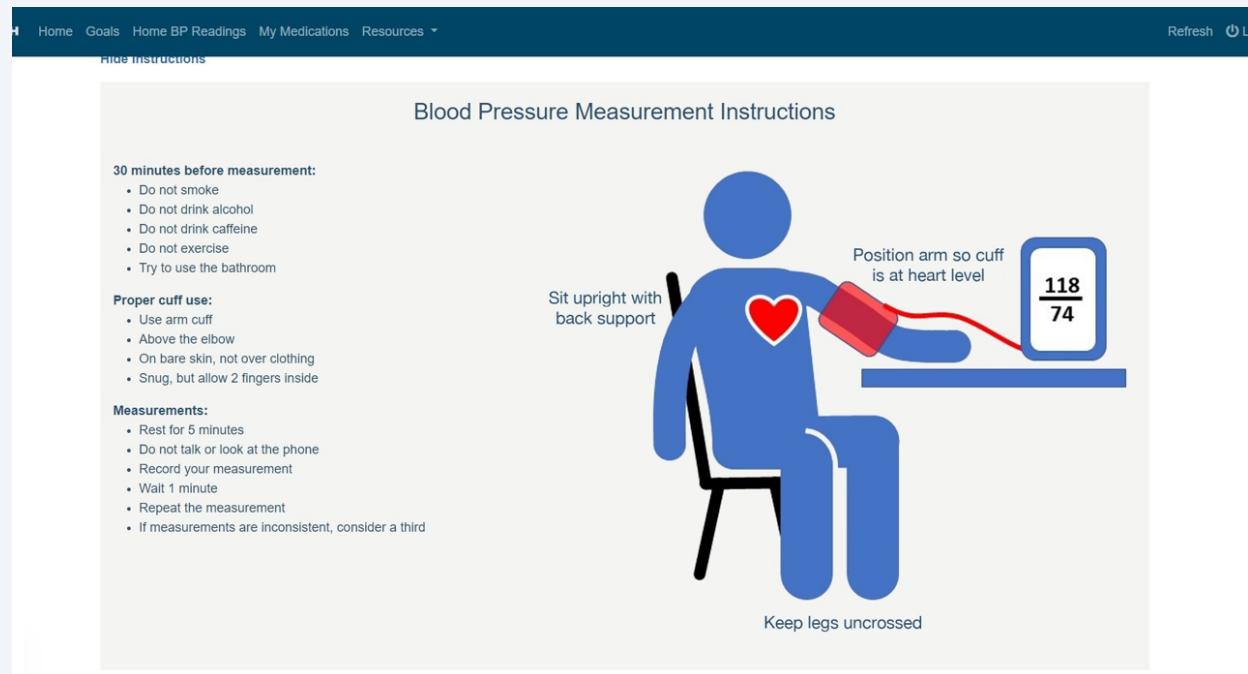
Date:

Time:

[Use Current Date and Time](#)

18

Follow the protocol to measure your blood pressure correctly



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

A screenshot of a blood pressure measurement interface. At the top, there are two input fields: one for 'mm Hg' and one for 'bpm'. To the right of these fields are the labels 'Diastolic' and 'Pulse'. Below these are three empty input fields. A blue button labeled 'Use Current Date and Time' is positioned to the right of the empty fields. The entire interface is set against a light gray background.

measuring your blood pressure?

**20** Click "Save" to save your blood pressure entry

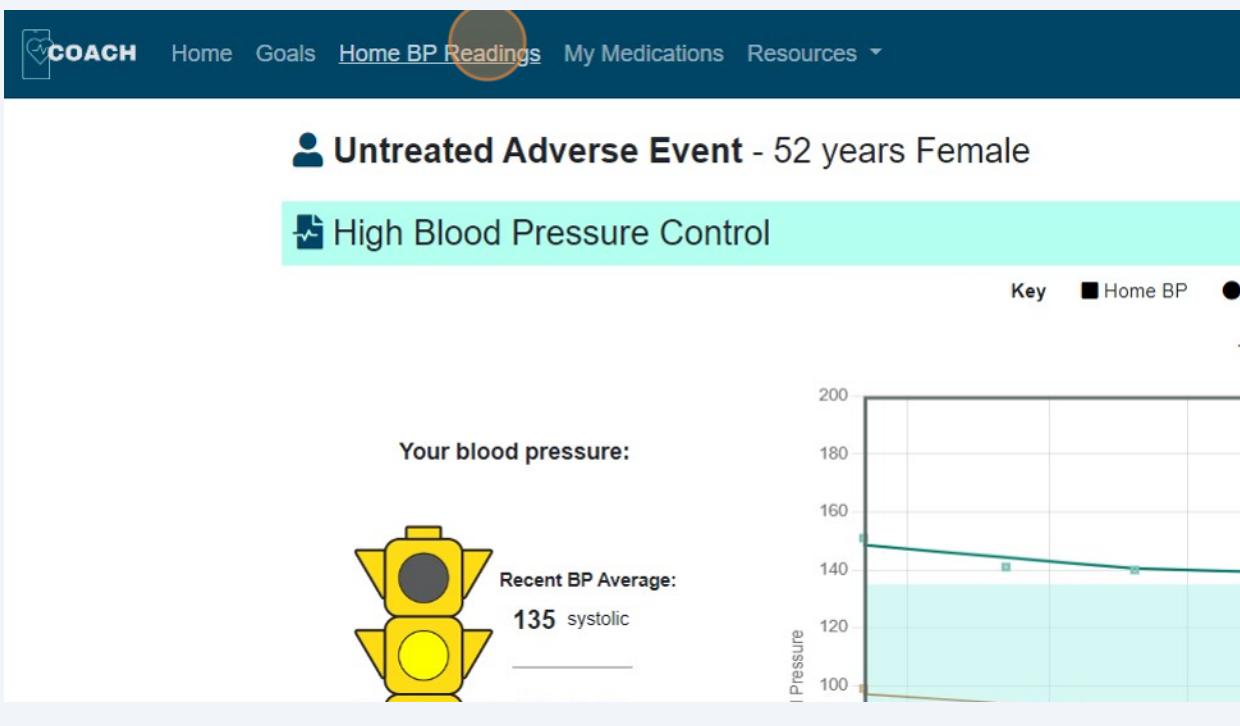
A screenshot of a blood pressure entry confirmation screen. At the top, there is a navigation bar with icons for Home, Goals, Home BP Readings, My Medications, and Resources. Below the navigation bar, the time is displayed as '08:49 pm'. A question asks, 'Did you follow the below instructions when measuring your blood pressure?'. Two radio buttons are shown: 'Yes' (selected) and 'No'. A large orange button labeled 'Save' is highlighted with a red circle. Below this, a link 'Hide Instructions' is visible. On the right side, the text 'Blood Pressure Measu' is partially visible. At the bottom left, a section titled '30 minutes before measurement:' lists 'Do not smoke'.

**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 a web-based application for managing blood pressure readings. At the top, there is a navigation bar with links: Home, Goals, Home BP Readings, My Medications, and Resources. Below the navigation bar, the user profile is displayed: "Untreated Adverse Event - 52 years Female". There are two tabs: "Home Blood Pressure Entry" and "Historical Readings", with "Historical Readings" being the active tab and highlighted with a red circle. A large green header bar below the tabs says "Home Blood Pressure Readings". The main content area contains fields for entering blood pressure measurements: "First Measurement" and "Second Measurement". Each measurement section has fields for Systolic, Diastolic, and Pulse, with corresponding units (mm Hg, mm Hg, bpm) and labels (Systolic, Diastolic, Pulse).

**24** You can view all previous readings on this page

The screenshot shows the "Historical Readings" page. At the top, there is a navigation bar with links: Home, Goals, Home BP Readings, My Medications, and Resources. Below the navigation bar, the user profile is displayed: "Untreated Adverse Event - 52 years Female". There are two tabs: "Home Blood Pressure Entry" and "Historical Readings", with "Historical Readings" being the active tab. A large green header bar below the tabs says "Historical Readings". The main content area is a table showing a list of previous blood pressure readings. The table has columns: "Reading Timestamp", "Reading Type", and "Value". The data in the table is as follows:

Reading Timestamp	Reading Type	Value
2/19/23 12:16 PM	BP Panel	151/99 mm[Hg]
3/22/23 1:16 PM	BP Panel	141/89 mm[Hg]
4/19/23 1:16 PM	BP Panel	140/90 mm[Hg]
5/20/23 1:16 PM	BP Panel	137/88 mm[Hg]
6/19/23 1:16 PM	BP Panel	138/92 mm[Hg]
7/20/23 1:16 PM	BP Panel	145/89 mm[Hg]
11/1/23 12:22 PM	BP Panel	125/90 mmHg
11/1/23 12:27 PM	BP Panel	125/90 mmHg
11/16/23 12:16 PM	BP Panel	130/90 mmHg
11/16/23 12:17 PM	BP Panel	135/85 mmHg
11/16/23 12:21 PM	BP Panel	125/90 mmHg
11/16/23 12:22 PM	BP Panel	130/90 mmHg

## Resources Tab

25

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



## Side Effect Reporting/Detection

26

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

'our Current Blood Pressure Goal: **Below 135 / 85** ([update](#))

'our Adverse Events: **Acute kidney problem, Brief loss of consciousness**

## 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

**Brief loss of consciousness**

- Yes  
 No

Register Action

Contact care team

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

### Therapy - Medicines



#### Blood Pressure is not at goal

Your blood pressure is not at goal despite continuous monitoring. You

Contact care team

[Contact your care team about options to control your high blood pressure.](#)

27

Hit "Register Action" for next steps

consciousness

blood  
xe a side  
strongly

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

**Acute kidney problem**

- Yes  
 No

Register Action

**Brief loss of consciousness**

- Yes  
 No

Register Action

Contact care team

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