

# COACH Instructions- Invite through EHR link

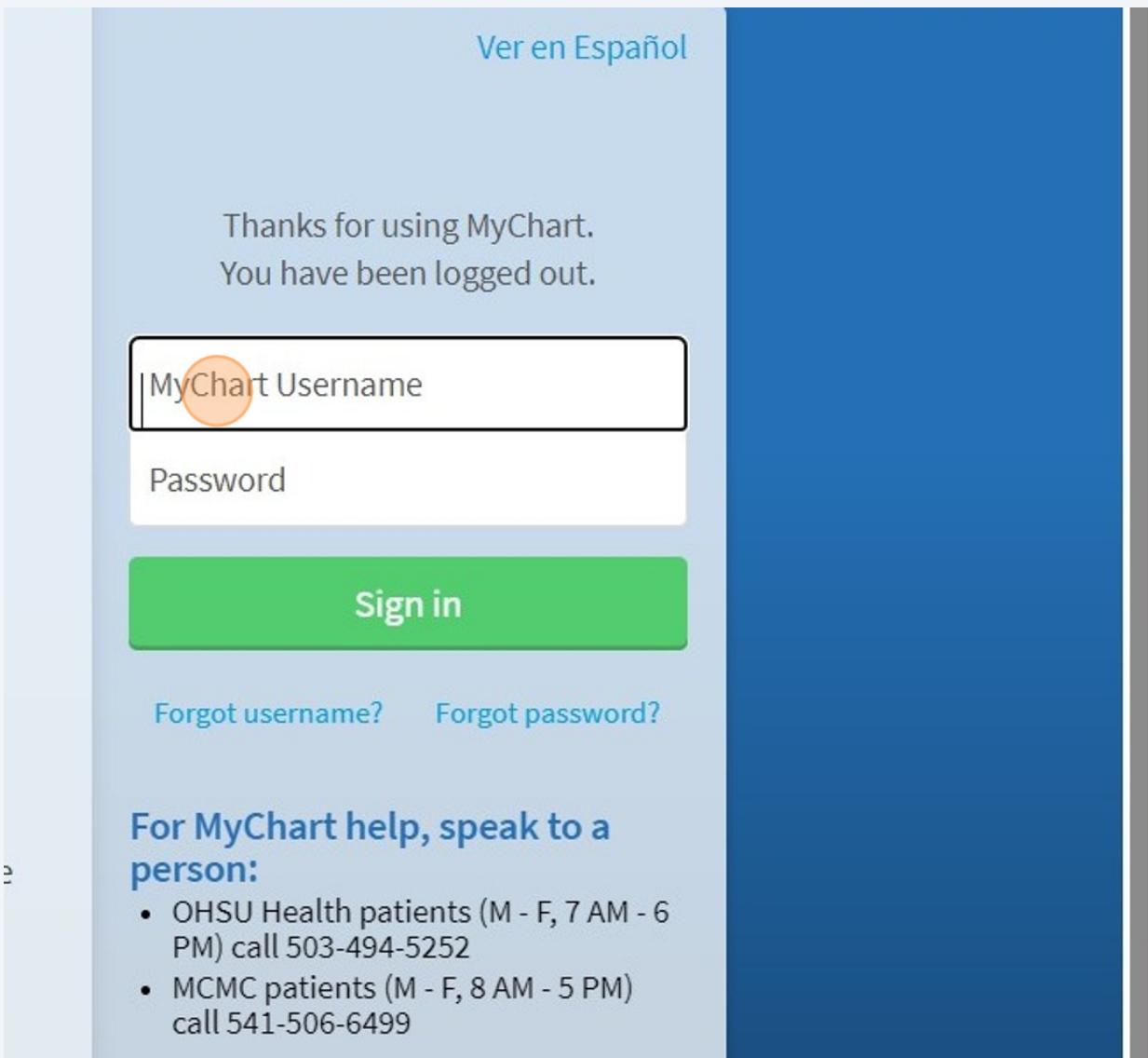


This guide provides step-by-step instructions on how to access and complete the COACH invite through an EHR link. If something is not clear, please feel free to contact study team at COACH-OHSU@ohsu.edu or call (833)-462-9191.

## Accessing COACH

- 1 Navigate to your electronic health record login page

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



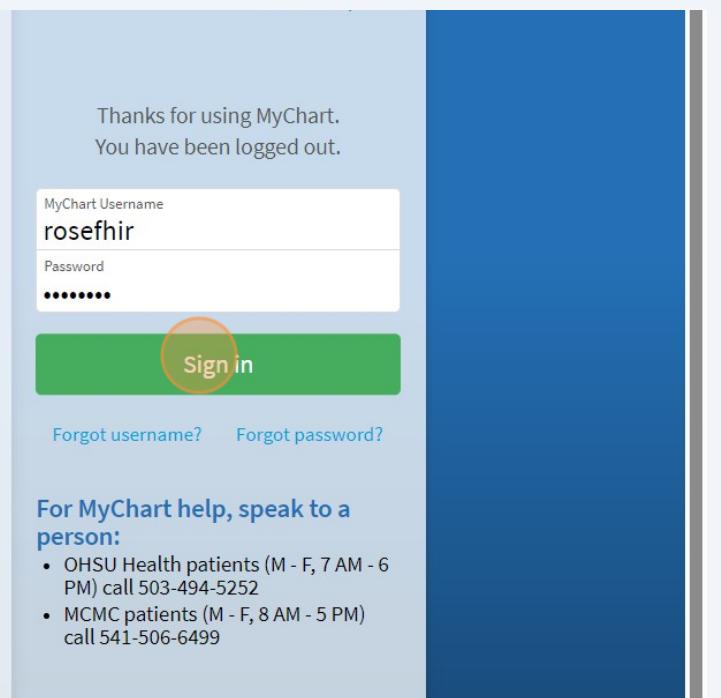
**3** Type username and password for your electronic health chart

**4** Click "Sign in"

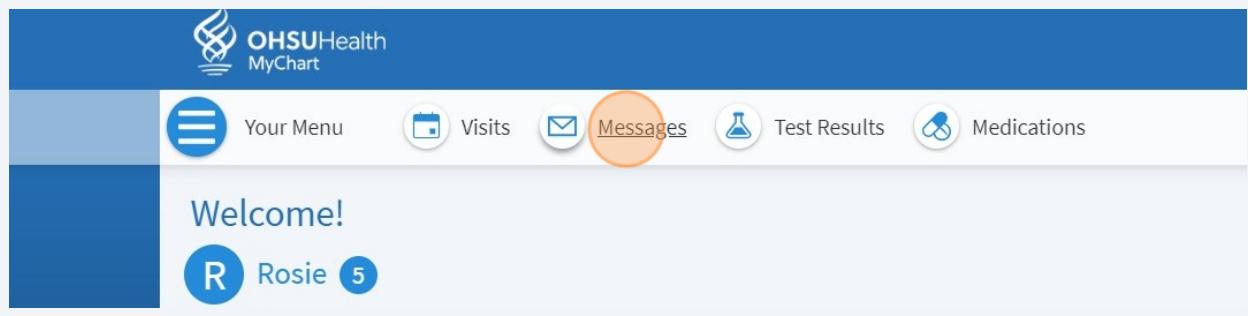
Health

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

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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.

## High Blood Pressure Control

**Most Recent BP:**

120 systolic

85 diastolic

[Click here](#) to authenticate and synchronize with Omron.

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

Your Active Antihypertensive Medications: **hydrochlorothiazide (HYDRODIURIL) capsule 12.5 mg, losartan (COZAAR) tablet**

- 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.

Home BP Readings My Medications Resources ▾

Hypertensive Emergency Effective - 58 years Male Clear Supplements

## High Blood Pressure Control

Your blood pressure:

Most Recent BP:

180 systolic

119 diastolic

**STOP**

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

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

## Recommendations

### Blood Pressure Warning

 Remain calm and check your BP again following these [instructions](#) in 5 to 30 minutes. Read more about managing very high blood pressure in the link below.  
American Heart Association: When to call 911 for high blood pressure

Enter Blood Pressure  
[Check your BP again \(strongly recommended\)](#)

## 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 CV COACH mobile application. At the top, there is a navigation bar with tabs: Home, Goals (which is highlighted with a blue background and white text), Home BP Readings, My Medications, and Resources. Below the navigation bar, there is a user profile section with a blue icon of a person, the name 'Kyle J - 22 years Male', and a small photo of a young man.

- 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 CV COACH mobile application. At the top, there is a navigation bar with tabs: Home, Goals, Home BP Readings, My Medications, and Resources. Below the navigation bar, there is a user profile section with a blue icon of a person, the name 'Untreated Adverse Event - 52 years Female', and a small photo of a woman. Underneath, there is a section titled 'My Blood Pressure Goal' with a teal header. It displays the text 'My current Blood Pressure goal is: 135 / 85' and a button labeled 'Update' which is circled in orange. Below this, there is a horizontal progress bar with a teal segment followed by a grey segment.

## Adding Home Blood Pressure Readings

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

The screenshot shows the CV COACH mobile application. At the top, there is a navigation bar with tabs: Home, Goals, Home BP Readings (which is highlighted with a blue background and white text), My Medications, and Resources. Below the navigation bar, there is a user profile section with a blue icon of a person, the name 'Kyle J - 22 years Male', and a small photo of a young man.

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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:

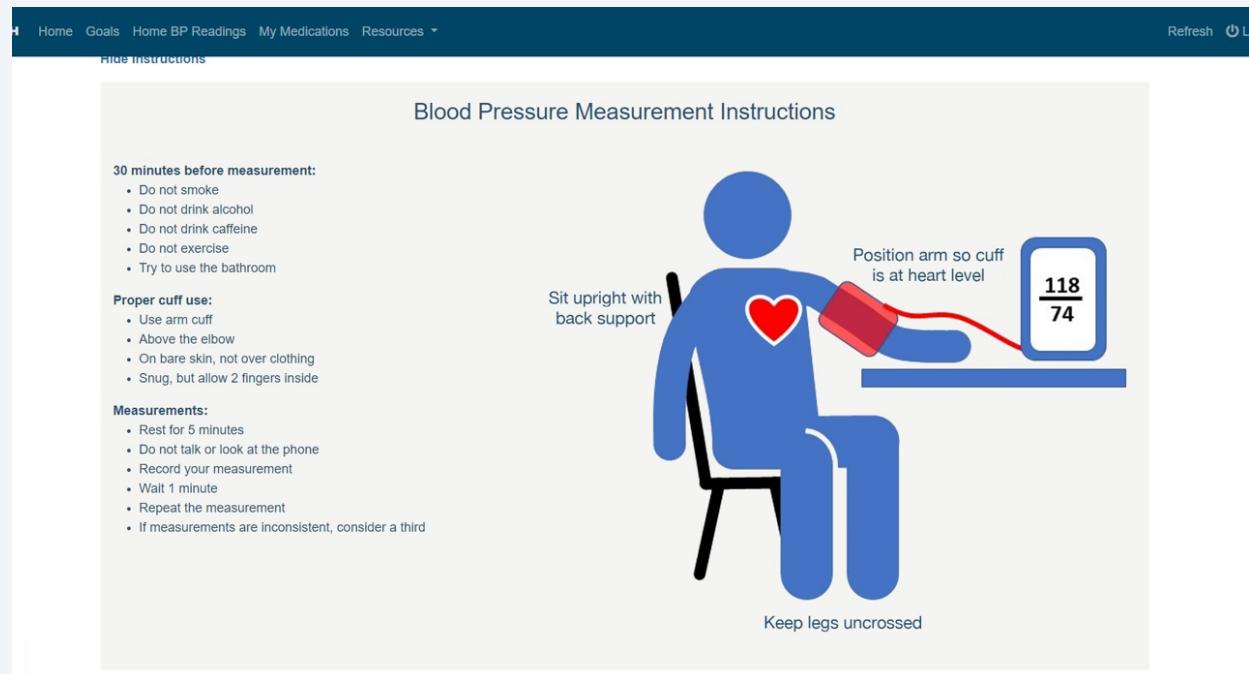
Date:

Time:

[Use Current Date and Time](#)

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Follow the protocol to measure your blood pressure correctly



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

mm Hg      Diastolic  
bpm      Pulse

of these measurements:

Use Current Date and Time

measuring your blood pressure?

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

COACH Home Goals Home BP Readings My Medications Resources ▾

Time: 08:49 pm

Did you follow the below instructions when measuring your blood pressure?

Yes  No

**Save**

[Hide Instructions](#)

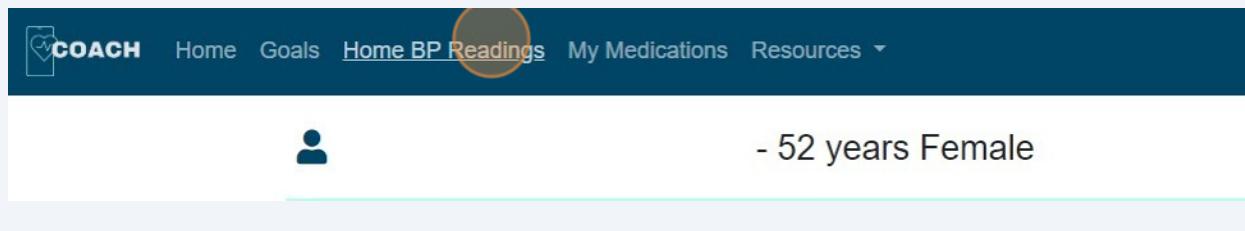
Blood Pressure Measu

**30 minutes before measurement:**

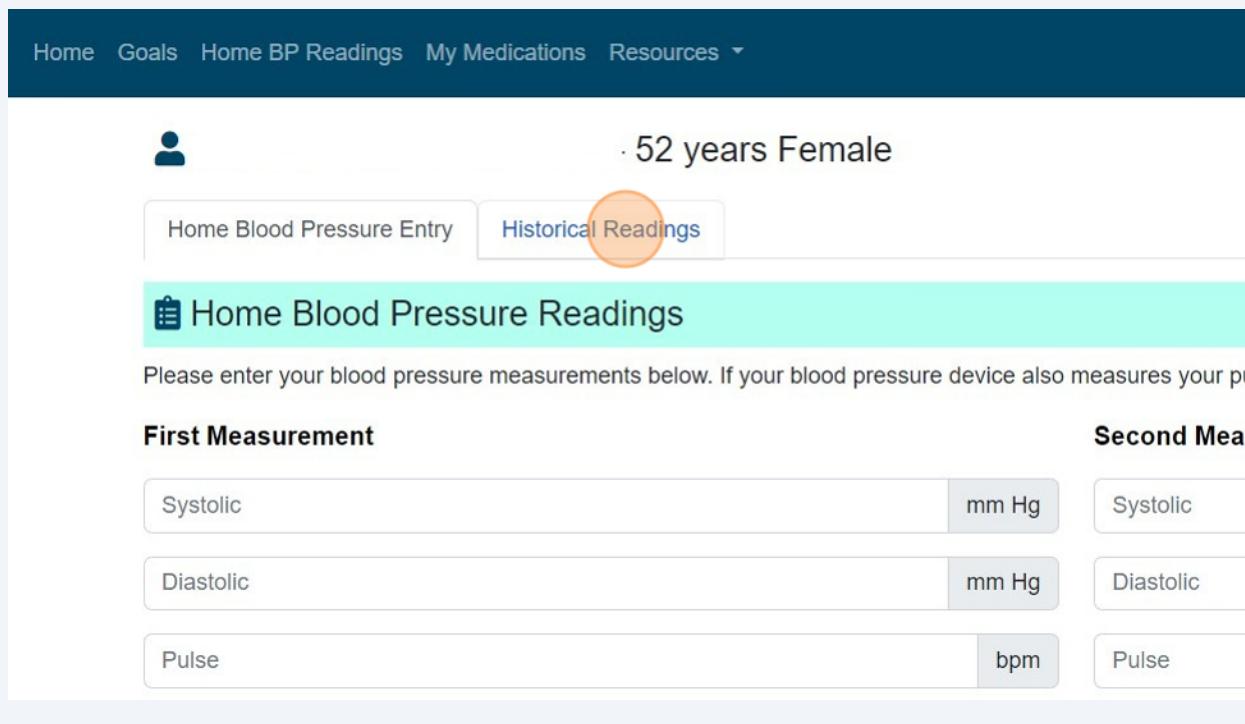
- Do not smoke

## Historical Readings

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



**18** Click "Historical Readings"



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

The screenshot shows a web-based application interface for managing blood pressure readings. 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 Logout. Below the navigation bar, the title "Untreated Adverse Event - 52 years Female" is displayed. Underneath the title, there are two tabs: "Home Blood Pressure Entry" and "Historical Readings". The "Historical Readings" tab is selected, showing a table titled "Historical Readings". The table has three 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

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

The screenshot shows a web-based application interface with a navigation bar at the top containing links for Goals, Home BP Readings, My Medications, and Resources (with a dropdown arrow). The "Resources" link is highlighted with a yellow circle. A dropdown menu is open under the "Resources" link, listing various resources. The resources listed are: Emergency Symptoms, Side Effects to Report, Counseling, Diet, Weight Loss, Physical Activity, Smoking Cessation, and 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"

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

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

**Recommendations**

**Potential Side Effect Detection**

**STOP 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

**Brief loss of consciousness**

Yes  
 No

**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.](#)

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Hit "Register Action" for next steps

**consciousness**

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

**Acute kidney problem**

Yes  
 No

**Brief loss of consciousness**

Yes  
 No

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