



# HTN COACH

VitalSight is offering you a pilot program of coaching that helps you to optimize your cardiovascular health, replace bad habits with good ones, and control the course of treatment as much as possible by taking medications on time and keeping the good habits to maintain your health.

A team of health coaches and assistants have teamed up to solve the problem of your heart issues by working with you on your nutrition, physical activity, well-being and sending you educational content. We recommend you regularly measure your blood pressure and/or weight at the same time or even twice a day for a higher level of analysis of the results and evaluation of therapy for your doctor.

## This coaching program can help you:

- Live a healthy life
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- Get your BP under control
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- Get rid of bad habits
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- Avoid premature risks of heart attacks and strokes

## How to start coaching:

- We will receive your mobile phone number from the doctor;
- Your doctor will remind you that the coach will call you;
- The coach will call you and tell you about our program, the onboarding process, and daily activities;
- Also, our coach helps you download our mobile application and start the coaching program;
- You can also ask the coach all the questions that interest you;
- Start an exciting journey with our support.

## More about the coaching process:

- We will research and develop a motivation strategy;
- Your coach will provide you with educational content;
- Together will work on self-efficacy;
- We will use gamification to make it more fun;
- We will collect and doctor-analyze data on lifestyle: sleep, physical activity, emotional state, bad habits, etc;
- We will provide and explain the monthly report with your data.

## How we are going to work together:

Our team will call you first and tell you about the steps to start coaching. We will help you get onboarded over the phone.

On the first day of coaching, you will meet your coach in our mobile application. In the chat, you can always get support and ask any questions.

If you do not get in touch during the coaching and do not answer the questions, the coach will wait and send you a text message. However, if you still don't answer, your coach will call you and will assist you with joining our coaching program.



### THEORIST COACHING CHALLENGE

We suggest you cope with such a challenge: improve results in future reports. To do this, you should use recommendations from your coach. Also, every month coach will discuss your reports and give you suggestions on how to improve results in future reports.

For success in your work, you will be awarded the appropriate medals:

- Trainee (beginning of training);
- Junior specialist of Hypertension control (25% improvement in the report);
- Bachelor of Hypertension control (25% improvement in the report);
- Master of Hypertension control (25% improvement in the report);
- Doctor of Philosophy of Hypertension control (25% improvement in the report).

If you relapse and increase your reps again and then go back to your best, you'll get the "fallen but risen" medal.



### STATISTICIANS COACHING CHALLENGE

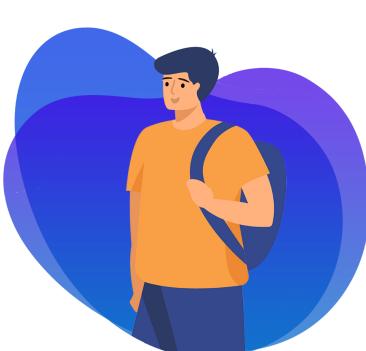
We suggest you cope with such a challenge: study the knowledge base about the cardiovascular system and get the maximum rank in this discipline.

Every day, except for weekends, you will receive educational material and take a knowledge test once every two weeks. If according to the results of the test, you learn at least 70% of the material, you will receive a degree in our Hypertension control community.

Possible degrees in 2-week increments:

- Trainee (beginning of training);
- Junior specialist of Hypertension control (25% improvement in the report);
- Bachelor of Hypertension control (25% improvement in the report);
- Master of Hypertension control (25% improvement in the report);
- Doctor of Philosophy of Hypertension control (25% improvement in the report).

If you failed to advance to the next level due to a low test result, then you can retake this test in a week and get the coveted status.



### PRACTITIONER COACHING CHALLENGE

We suggest you cope with such a challenge: reduce the number of repetitions of bad habits by half in a month. To do this, you should use a habit removal plan developed with your coach. Also every day, the health assistant will ask you how many times since yesterday you have repeated the tracked habit and will add this information to the statistics.

For success in your work, you will be awarded the appropriate medals:

- Double drop (reducing the frequency of the habit by 2 times);
- Quad drop (reducing by 4 times);
- Octa drop (by 8 times);
- Super drop (more than 10 times).

If you relapse and increase your reps again and then go back to your best, you'll get the "fallen but risen" medal.



### MASTERS COACHING CHALLENGES

We suggest you cope with two challenges: study the knowledge base about the cardiovascular system and get the maximum rank in this discipline and reduce the number of repetitions of bad habits by half in a month.

Master coaching challenges include Theorist and Practitioner coaching challenges.

Let's start coaching and you will see the first improvements in your health and well-being. You will receive tips that will help in your daily life, and you will start seeing the first improvements in your habits, blood pressure, and heart control. Also, you will avoid early heart attacks,

unnecessary hospitalizations, and costs associated with over-treatment. You will be able to monitor your health achievements in your monthly reports. We will help you to take care of your health and live a healthy lifestyle, so you and your family can enjoy life.

For all inquiries on this program, please reach us:  
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