
I, _____, am enrolled in a hypertension management program called **Know It, Control It**. For more information, you can visit startwithyourheart.com/knowitcontrolit.

To track my blood pressure, you can visit CCTracker.com.

Information for Doctors

Know It, Control It is a community-based blood pressure management program. The program is designed to help participants self-monitor their blood pressure and make healthy lifestyle changes to control high blood pressure. Trained blood pressure coaches teach this program using evidence-based strategies to manage cardiovascular disease. Tracking, along with health coaching, has been proven to result in better management of blood pressure. **Know It, Control It** participants are taught and encouraged to track their blood pressure using the [Check. Change. Control. Tracker](#), an online tool developed by the American Heart Association that can be accessed by providers to augment the self-monitoring of blood pressure with clinical support. This approach also reinforces the team-based care approach to controlling hypertension.

Everything patients learn in **Know it, Control It** supplements your medical management. Currently the program is being offered at many senior centers and by some community paramedicine programs. A Know It, Control It pilot project is also being planned in Durham with North Carolina Central University and Duke Medicine.

For more information on the **Know It, Control It** blood pressure management program, visit startwithyourheart.com/knowitcontrolit. To create a health care provider account that will allow you to track your patients' blood pressure in real time, visit ccctracker.com?bloodpressuretracker.com.

Description of Know It, Control It Lessons

Lesson 1: Get Set with the Check. Change. Control. Tracker

- Participants learn the goals of Know It, Control It! for Seniors, create an account with the Check. Change. *Control*. Tracker and learn how to upload blood pressure readings.

Lesson 2: Know Your Numbers

- Participants learn why high blood pressure is called the silent killer, describe the effects of high blood pressure on the body and identify various categories of high blood pressure.

Lesson 3: Check It Often, Check It Right

- Participants learn why self-monitoring blood pressure is important, identify how to choose the right type of blood pressure device and demonstrate the correct technique for taking blood pressure.

Lesson 4: Eat Smart - The Med Way

- Participants learn which foods to eat more of and which to limit to help lower blood pressure, and they'll learn about the Mediterranean eating pattern.

Lesson 5: Eat Smart - Slow Down on Salt

- Participants learn the effect of sodium on their blood pressure, recognize ways to limit sodium in their diet, learn the importance of reading food labels, learn about right sizing their food portions, and learn about tracking what they eat using a food diary.

Lesson 6: Move More

- Participants learn the relationship between physical activity and blood pressure, recognize why older adults should work with their health care provider to develop an activity plan and learn ways to be physically active as appropriate.

Lesson 7: Live Tobacco Free

- In this lesson, participants will learn the effects of smoking/tobacco on blood pressure and tools and resources to quit smoking.

Lesson 8: Manage Your BP Meds

- Participants learn how to manage medications if medication is a part of their treatment plan for high blood pressure.

Lesson 9: Keep Calm and Sleep Well

- Participants learn the connection between high blood pressure, stress and inadequate sleep, and explore tools and resources to reduce stress levels and get a good night's rest.