

## Women's and Men's Health On-line Blood Pressure Tracker Guide

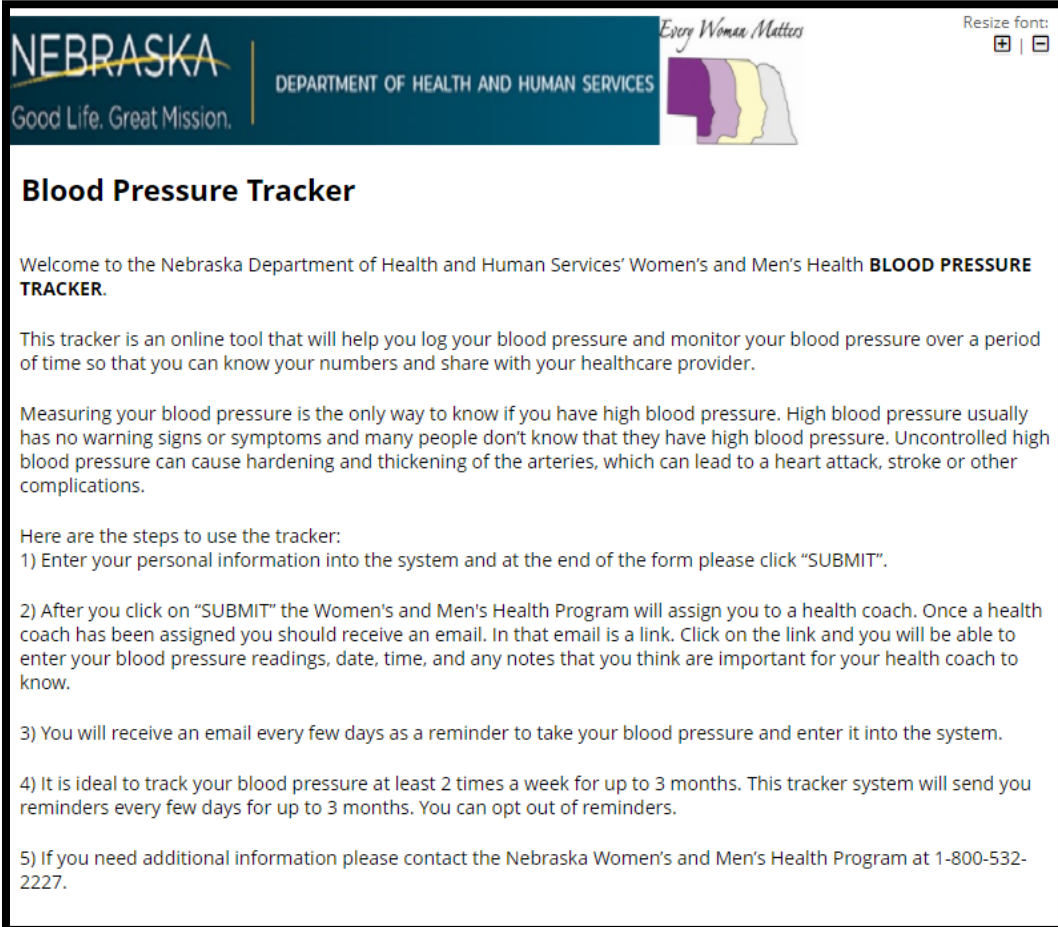
### Ways to Access the Blood Pressure Tracker

The Blood Pressure Tracker can be accessed directly by going to: <https://cip-dhhs.ne.gov/redcap/surveys/?s=4LENCNDT84>

The tracker can also be accessed on our website by visiting the following page: <http://dhhs.ne.gov/Pages/EWM-Health-Hub.aspx>

### Entering Client Information and Health History

Once an individual visits the tracker page, there is a welcome section with action steps to take and highlights the importance of tracking blood pressure.



**NEBRASKA**  
Good Life. Great Mission.

DEPARTMENT OF HEALTH AND HUMAN SERVICES

*Every Woman Matters*

Resize font: [ + ] [ - ]

### Blood Pressure Tracker

Welcome to the Nebraska Department of Health and Human Services' Women's and Men's Health **BLOOD PRESSURE TRACKER**.

This tracker is an online tool that will help you log your blood pressure and monitor your blood pressure over a period of time so that you can know your numbers and share with your healthcare provider.

Measuring your blood pressure is the only way to know if you have high blood pressure. High blood pressure usually has no warning signs or symptoms and many people don't know that they have high blood pressure. Uncontrolled high blood pressure can cause hardening and thickening of the arteries, which can lead to a heart attack, stroke or other complications.

Here are the steps to use the tracker:

- 1) Enter your personal information into the system and at the end of the form please click "SUBMIT".
- 2) After you click on "SUBMIT" the Women's and Men's Health Program will assign you to a health coach. Once a health coach has been assigned you should receive an email. In that email is a link. Click on the link and you will be able to enter your blood pressure readings, date, time, and any notes that you think are important for your health coach to know.
- 3) You will receive an email every few days as a reminder to take your blood pressure and enter it into the system.
- 4) It is ideal to track your blood pressure at least 2 times a week for up to 3 months. This tracker system will send you reminders every few days for up to 3 months. You can opt out of reminders.
- 5) If you need additional information please contact the Nebraska Women's and Men's Health Program at 1-800-532-2227.

The client first enters all of their demographic information (see example below). If any information is missing or entered incorrectly, a pop up appears stating information is missing, etc.

The image shows a web form for demographic information. The main form is titled "Demographics:" and contains the following fields, each with a red asterisk indicating it is required:

- First Name:
- Last Name:
- Date of Birth:  Today M-D-Y  
Example: for October 17, 1975 enter 10-17-1975
- Address:
- City:
- State:
- Zip Code:
- County:
- Phone Number:

A pop-up window is overlaid on the right side of the form, containing the following fields:


- Phone Type:  Cell,  Landline,  Work,
- Email Address:
- Gender:  Male,  Female,
- Are you of Hispanic/Latina(o) origin?:  Yes,  No,  Unknown,
- What is your primary language?:  English,  Spanish,  Other,
- What race or ethnicity are you? (check all that apply)  American Indian/Alaska Native,  Black/African American,  Mexican American,  White,  Pacific Islander/Native Hawaiian,  Unknown,  Other

**\*\* In the event a client does not have an email address, they can connect with their health coach to resolve this issue. In this instance, the health coach would need to enter the health coach email address and work with the client to enter the blood pressures for the client. The health coach would then be notified when blood pressures need to be entered again for the client. A phone call or during the client's next health coaching session, could capture the blood pressure information.**

**Health History:**


**Do you currently see a medical provider for your blood pressure?**  Yes  No  
 \* must provide value reset

**Are you currently taking medications for your blood pressure?**  Yes  No  
 \* must provide value reset

**Date of last provider visit: (if known)**   Today M-D-Y

**Who referred you to this tracker?**  Every Woman Matters/Women's & Men's Health Program  
 Local Health Department  
 Medical Clinic reset

**Thank you for filling out demographics information. After you click the 'Submit' button, your request will be sent to blood pressure tracking administration. Once they assign a health coach, you will receive your first email and link to begin blood pressure tracking.**



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If the client is taking medications for blood pressure – and YES is selected, a comment box will appear where the client can enter their medications. Dosage information is not required.

If the client selects Local Health Department or Medical Clinic – a comment box will appear where the client can enter the health department or clinic name.

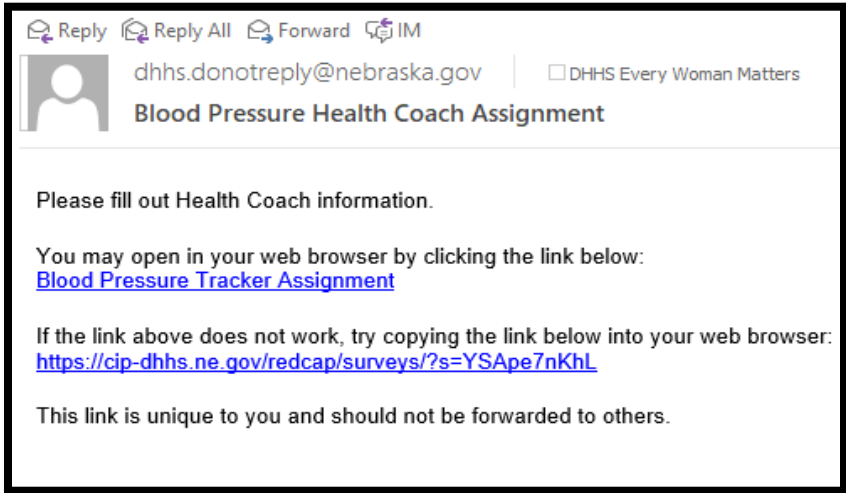
Once all information is entered, the client will click SUBMIT.

Once SUBMIT is selected an email notification will be sent to the Every Woman Matters email box. At which time, staff will need to open the email and assign the client a health coach based upon where the client resides.

Once a health coach is assigned to a client, the client then receives an email so they are able to start entering their blood pressures.

## Assigning a Health Coach

Central office staff will be responsible for assigning a health coach to the client. Central office staff receive emails in the [dhhs.EWM@nebraska.gov](mailto:dhhs.EWM@nebraska.gov) email. The email will automatically be moved to the Blood Pressure Tracker folder. The email will look like this:



Central office staff (currently Natalie Kingston or Tracey Bonneau) will click on the Blood Pressure Tracker Assignment or the link. These links are specific to each client.

Once the link is selected the following will show up:

### Blood Pressure Tracker Assignment

Please complete information for health coach below.

Thank you!

Client Info:

Name	Test Tuesday
Date of Birth	10-17-1975
Address	123
City	123
State	NE
Zip Code	68516
County	Lancaster
Phone Number	402-402-4024 (Cell)
Email	tracey.bonneau@nebraska.gov
Language	Spanish

List of Health Coaches:  
\* must provide value

[Next Page >>](#)

Basic client information is provided. Based upon the client county entered, central office staff will make a Health Coach selection or assignment from the drop down.

Click Next Page

**Blood Pressure Tracker Assignment**

Select health coach email address:  
\* must provide value

Select health coach department:  
\* must provide value

<< Previous Page      Next Page >>

Select the health coach email address by clicking on the arrow and selecting from the drop down.

Select the health coach department again by selecting from the drop down.

Click Next Page

### Blood Pressure Tracker Assignment


**Name of Health Coach:**  
\* must provide value

**Health Coach Department:**  
\* must provide value

**Health Coach Email:**  
\* must provide value

**Date of Contact:**  
\* must provide value  
  M-D-Y

**Note/message to health coach:**  
  
Expand

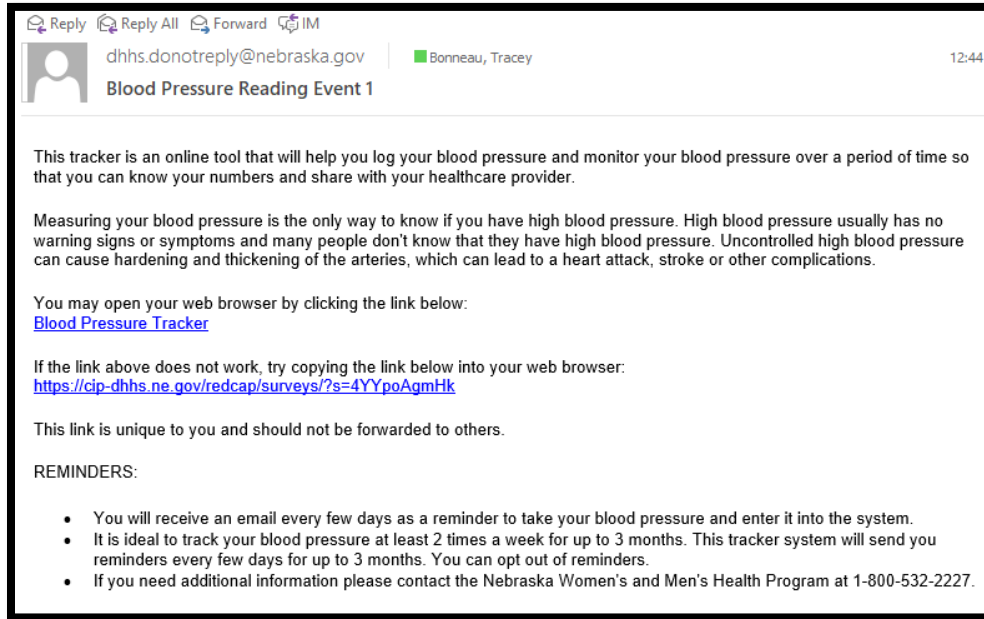


Central office staff can write a note/message to the Health Coach in the comment box.

Once central office staff clicks Submit – an email will be sent to the client so that they can start entering their blood pressures.

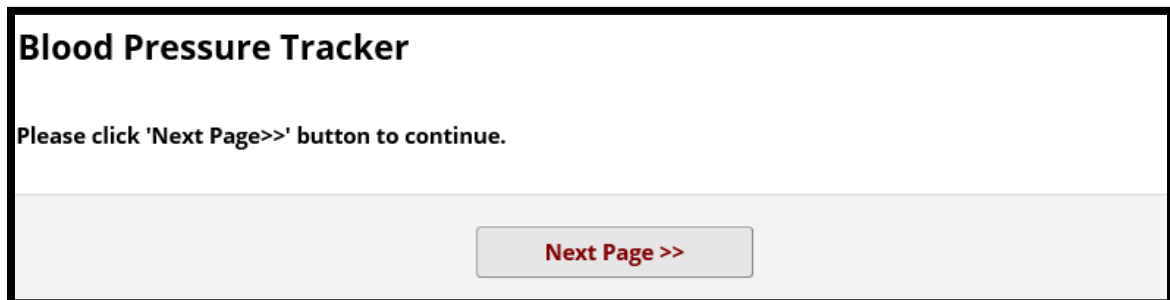
## Client Enters Blood Pressures

Client will receive an email once a Health Coach has been assigned. The email looks like this:



The client will need to click on either the Blood Pressure Tracker link or the <https://cip-dhhs.....> link (the links are unique to each client).

Once client clicks on the link the following screens will appear:



Click Next Page

Client enters two blood pressures.

Client indicates if they have taken their blood pressure medication.

Client indicates when they last saw their healthcare provider for their blood pressure.

Client can also include a note to their Health Coach.

Any conversations between the Health Coach and the client can be found in the notes history.

### Blood Pressure Tracker

**Blood Pressure Tracker (Event 1):**

**Blood Pressure Statuses (please see Blood Pressure Categories below)**


- 0 - Normal
- 1 - Elevated
- 2 - Hypertension Stage 1
- 3 - Hypertension Stage 2
- 4 - Hypertensive Crisis

	Systolic / Diastolic		BP Status
Blood pressure (1):	<input type="text"/>	/	<input type="text" value="0"/>
Blood pressure (2):	<input type="text"/>	/	<input type="text" value="0"/>

If you take medication for your blood pressure, did you take it today?

Yes  No [reset](#)

Date that I last saw my healthcare provider for my blood pressure:

 Today M-D-Y

**Client note to health coach:**

[Expand](#)

**Notes history:**

[Expand](#)

If the client enters a blood pressure that falls within the Category 3 or 4, a message will pop up in red:

**The blood pressure(s) that you entered are in Category 3 and 4. You need medical attention. Please call your healthcare provider right now to report your blood pressure readings.**

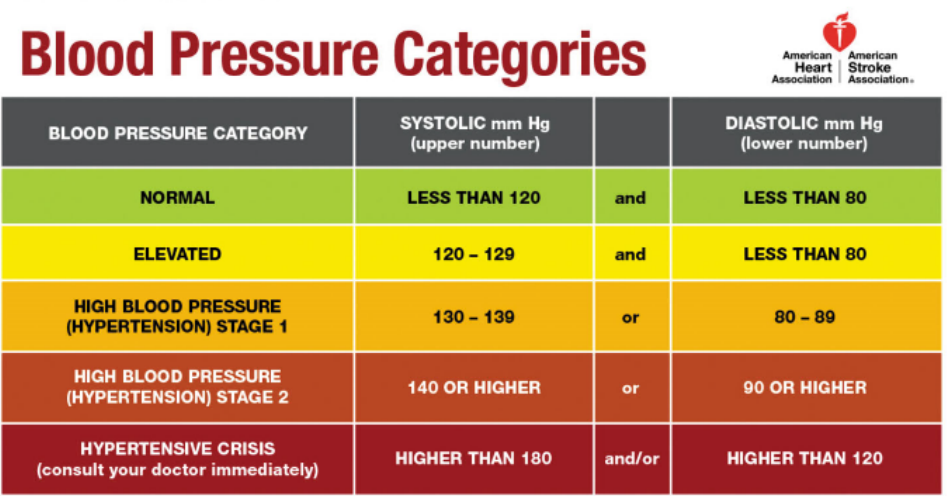


### Education/Resource Links

Click on the links below for additional information:

- [Blood Pressure Measurement Instructions](#)
- [Understanding Blood Pressure Readings](#)
- [Monitoring Your Blood Pressure at Home](#)
- [When You Should Call 911 for High Blood Pressure](#)

(If Blood Pressure Categories chart appears small, refresh your browser screen.)



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Would you like to continue blood pressure tracking?

\* must provide value

Yes

No

reset

Please click 'Next Page >>' button to proceed to submit blood pressure readings page.

<< Previous Page

Next Page >>

There are Education/Resource links the client can select from to view.

There is a large, color-coded Blood Pressure Categories table featured.

**\*\*In order for the client to continue receiving email notification reminders every 3 days to enter their blood pressures, client MUST SELECT YES to continuing blood pressure tracking.**

Would you like to continue blood pressure tracking?

\* must provide value

Yes

No

reset

Once the client selects Next Page, they will receive a notice they need to submit their blood pressure readings.

Click SUBMIT

**Blood Pressure Tracker**

Submit blood pressure readings.

Once you hit submit, your blood pressure readings will go to a health coach. If necessary, your assigned health coach will provide you with feedback. You will receive a new link every 3 days so that you can continue to enter your blood pressures in the tracking system.

<< Previous Page      Submit

Once the client clicks Submit, their blood pressures will be displayed as below:

**Blood Pressure Results**

Please review blood pressure readings below.  
Thank you!

Blood Pressure Readings for Test Tuesday:

Blood Pressure Statuses (please see Blood Pressure Categories below)

- 0 - Normal
- 1 - Elevated
- 2 - Hypertension Stage 1
- 3 - Hypertension Stage 2
- 4 - Hypertensive Crisis

Reading Date	Reading 1		Reading 2	
	Systolic / Diastolic	BP Status	Systolic / Diastolic	BP Status
01-19-2021	182 / 100	4	117 / 72	0
___ / ___	___ / ___	___	___ / ___	___
___ / ___	___ / ___	___	___ / ___	___
___ / ___	___ / ___	___	___ / ___	___
___ / ___	___ / ___	___	___ / ___	___

Thank you for entering your blood pressures. After clicking the 'Submit' button below, an email will be sent to you with a table that includes all blood pressures that you've entered so far.

Good Life. Great Mission.

Submit

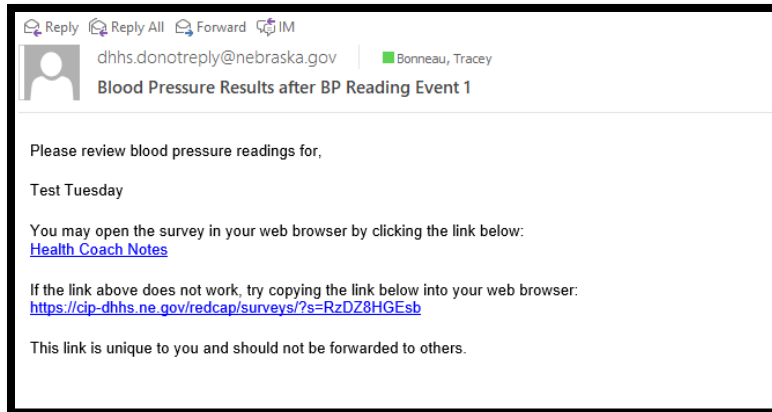
The client must click on Submit again.

Once they click Submit, the client will receive an email that displays their blood pressure results in a table format. They can print or save it and give to their provider. The results are sent following each time blood pressures are submitted.

Each time a client clicks Submit after their blood pressures are entered, the Health Coach receives a notice that new blood pressures have been entered.

## Health Coach Notes

The Health Coach will receive an email that indicates blood pressure readings have been entered for a particular client. The Health Coach will need to select Health Coach Notes or the link below in order to access that particular client information:



Once the link is clicked on Health Coach Notes will show up. If DHHS Central Office wrote a note to the Health Coach when assigning the client, the notes would show up under “Notes from Administration”.

Health Coach will need to enter the Client Med-it Number if the client is in the Every Woman Matters or Nebraska Colon Cancer Screening Program database. The client Med-it ID will only need to be entered initially on this first page.

If the client does not have a Client Med-It Number the Health Coach would need to enter the Encounter ID.

If the client does not have a Med-It ID or an Encounter ID, the Health Coach would need to enter a number that is specific to their organization (i.e., Elkhorn Logan Valley might enter ELVHD001, next client that doesn't have a Med-it ID or Encounter ID would be ELVHD002, etc.). This number is up to the Health Coach to decide.

**Health Coach Notes**

Please review and add any notes to participant.

Thank you!

Notes From Administration:  
\_\_\_\_\_

Client Med-It Number:   
\* must provide value

Blood Pressure Readings for Test Tuesday:

Blood Pressure Statuses (please see Blood Pressure Categories below)

- 0 - Normal
- 1 - Elevated
- 2 - Hypertension Stage 1
- 3 - Hypertension Stage 2
- 4 - Hypertensive Crisis

Reading Date	Reading 1		Reading 2	
	Systolic / Diastolic	BP Status	Systolic / Diastolic	BP Status
01-19-2021	182 / 100	4	117 / 72	0
_____	____ / ____	____	____ / ____	____

Health Coach may write any notes to the client. Again, if there is a resource link they will not be “clickable” in the notes, so you will have to tell the client to copy/paste the link or you may need to email the resource to the client.

_____	____ / ____	_____	____ / ____	_____
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**Health coach note to client (you must hit 'Submit' button on next page for note to save):**

Notes to the client go here  
You cannot put in links - if you do put in a link let the client know they'll have to copy and paste it - otherwise you can send an email with the link.

Expand

**Notes history:**

2021-01-19 12:52:29 <CLIENT>I took my meds today

Expand

I made a referral for this client to see their healthcare provider for their blood pressure.

Please click 'Next Page>>' button to submit notes on blood pressure readings.

[Next Page >>](#)

Any time the health coach needs to refer the client to their healthcare provider (high blood pressures over time, etc.) click the box that says, “I made a referral...”

Click Next Page

**Health Coach Notes**

Submit blood pressure reading notes

<< Previous Page

Submit

Click Submit

**Opting Out of Notices**

Currently the system is set up for auto-generated emails to the clients every 3 days for a period of 12 weeks. The client is able to opt out at any time by selecting “NO” to the question below when prompted:

**Would you like to continue blood pressure tracking?**

\* must provide value

Yes

No

reset

If the client selects NO in order to opt out of receiving notices, the Health Coach will receive a note when opening up the email for the client. The note will appear in red that states: **Note: Client has opted out of blood pressure tracking.**

**Health Coach Notes**

Please review and add any notes to participant.

Thank you!

Notes From Administration:

Message to health coach

**Note: Client has opted out of blood pressure tracking.**

Client Med-It Number: 12341234sss

Blood Pressure Readings for tEST 4 bONNEAU:

Blood Pressure Statuses (please see Blood Pressure Categories below)

## Continuing Beyond 12 Weeks

Any client can continue to use the monitoring system beyond the 12 weeks. They just need to start at the beginning of the tracking system and re-enter their demographic information, have a coach assigned, etc.

## Questions:

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