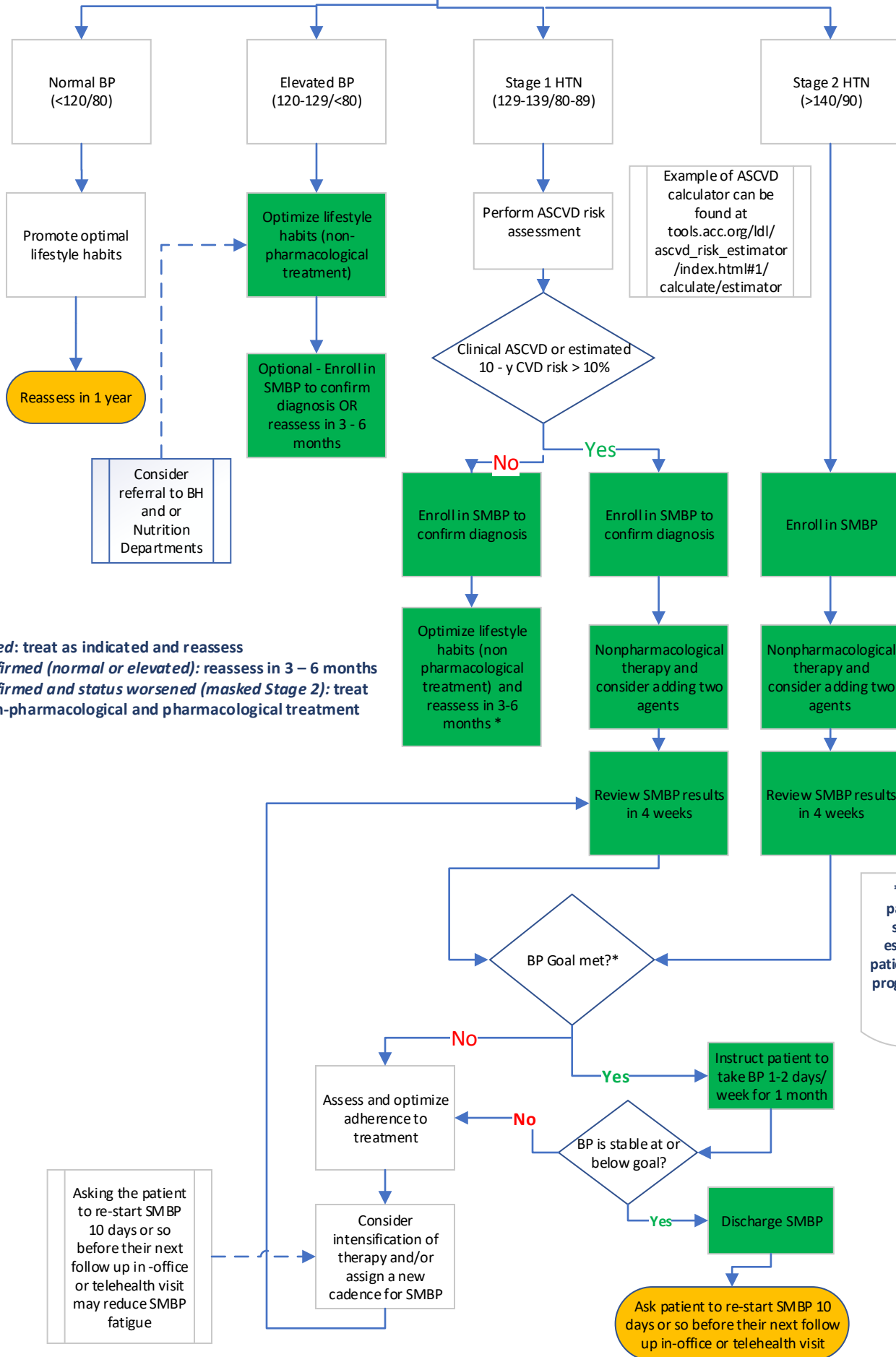


BP Thresholds and recommendations for treatment and follow up



*
Confirmed: treat as indicated and reassess
Not confirmed (normal or elevated): reassess in 3 – 6 months
Not confirmed and status worsened (masked Stage 2): treat with non-pharmacological and pharmacological treatment

*The target BP for patients using SMBP should be <130/80 especially for Stage 1 patients who entered the program with a BP in the 130s/80s range

Asking the patient to re-start SMBP 10 days or so before their next follow up in-office or telehealth visit may reduce SMBP fatigue

Consider implementing a process of reminders to re-start SMBP 10 days prior to follow up visits