



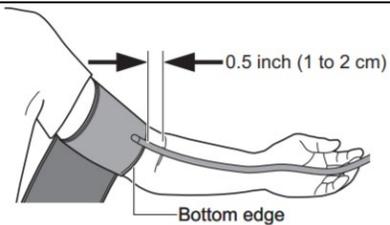
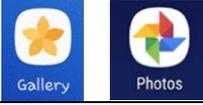
Instructions for Outcomes

When it is time for your 3 or 6-month outcome you will received a text message reminder! It will only take a few minutes. You will be mailed \$20 for your 3-month, and \$30 for completing your 6-month outcome. The outcome includes 5 parts

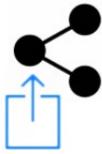
1. Take a photo of your blood pressure cuff
2. Text in your photo
3. Take 3 different blood pressure readings
4. Text in your blood pressure readings
5. Complete survey

For assistance, questions, concerns or you would like a Reach Out Team member to walk you through the outcome, feel free to call Reach Out at (810) 337-8399.

What you need to do!

Step 1: Take a photo of the blood pressure cuff on your arm	
1. Open your camera app.	
2. Place the arm cuff onto your left upper arm, above your elbow. Make sure the gray tube on your inner arm going towards your middle finger.	
3. Adjust the camera to take a photo. <ol style="list-style-type: none"> a. Aim camera towards the BP cuff on your arm. b. The photo should include the crook of your arm and a little of your upper arm above the cuff 4. When you're ready, tap the shutter button located in the middle of the screen to take the photo.	
Step 2: Send us the photo	
1. Open your pictures. <ol style="list-style-type: none"> a. Icons may be labeled "Gallery" or "Photo" 	
2. Tap the picture you'd like to text.	

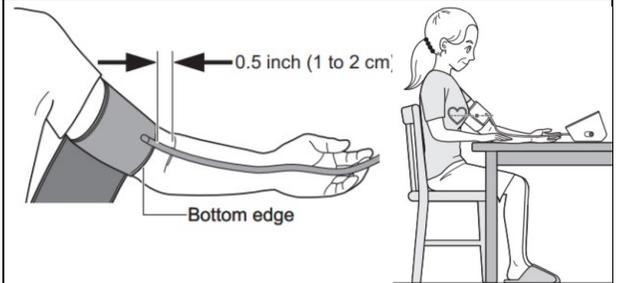
3. Tap the share button.
 - a. This looks different depending on the phone you are using.



4. Send your photo to **(810) 498-2266** If you have any trouble at all, call us! **(810) 337-8399**

Step 3: Take your blood pressure

5. Prepare to take your blood pressure
 - a. Apply arm cuff to upper left arm and wrap cuff securely. Be sure the air tube is on the inner part of your arm.
 - b. Sit in a comfortable chair with your back and arm supported.
 - c. Keep your feet flat and legs uncrossed



6. Reference your instruction sheet **“How to take your blood pressure!”**

How to take your blood pressure!

For assistance, questions, concerns, feel free to call Reach Out at (810) 337-8399.

<p>Step 1: Put on your arm cuff</p> <ol style="list-style-type: none"> 1. If not already plugged in- Plug the arm cuff into your monitor by inserting the air plug into the air jack securely until it clicks. 	
<ol style="list-style-type: none"> 2. Apply the arm cuff to your left upper arm. <ol style="list-style-type: none"> a. The bottom edge of the arm cuff should be 0.5 inch (1 to 2 cm) above the inside elbow. The air tube is on the inside of your arm and aligned with your middle finger. 	
<ol style="list-style-type: none"> 3. Make sure that the air tube is positioned on the inside of your arm and wrap the cuff securely, so it can not move around your arm. 	
<p>4. Sitting Correctly</p> <ol style="list-style-type: none"> a. Sit in a comfortable chair with your back and arm supported. b. Keep your feet flat and your legs uncrossed. c. The arm cuff should be placed on your arm at the same level as your heart, with the arm resting comfortably on a table. 	
<p>Step 2: Taking your blood pressure</p> <ol style="list-style-type: none"> 1. Press the [START/STOP] button 	

7. Take your blood pressure pressing the [START/STOP] button.
8. Remain still and do not talk until the entire measurement process is complete.
 - a. Wait 1 minute and repeat step 3.
 - b. You will take a total of 3 blood pressures.

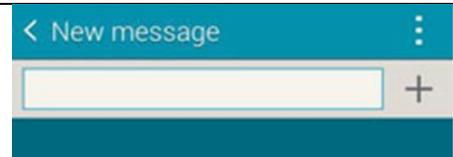


Step 4: Text us your 3 blood pressures (xxx/xxx)

9. Open your text messaging app.
 - a. This will look differently, depending on your phone.

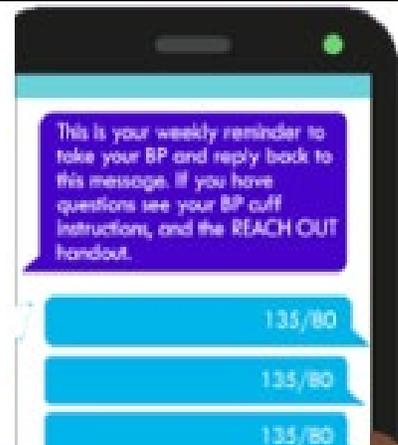


10. Put **(810) 498-2266** in the “to” box.



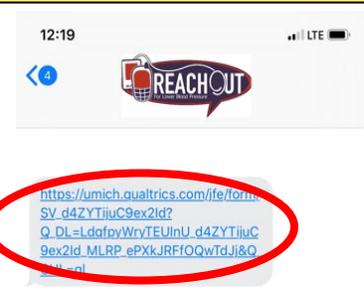
11. Type in your 3 blood pressure readings into the text box .

12. Text in all 3 BP readings into **(810) 498-2266** as XXX/ XXX.
 - a. If sending all blood pressures in one message, separate the readings with commas or spaces. Example: XXX/XXX, XXX/XXX, XXX/XXX



Step 3: Take the survey!

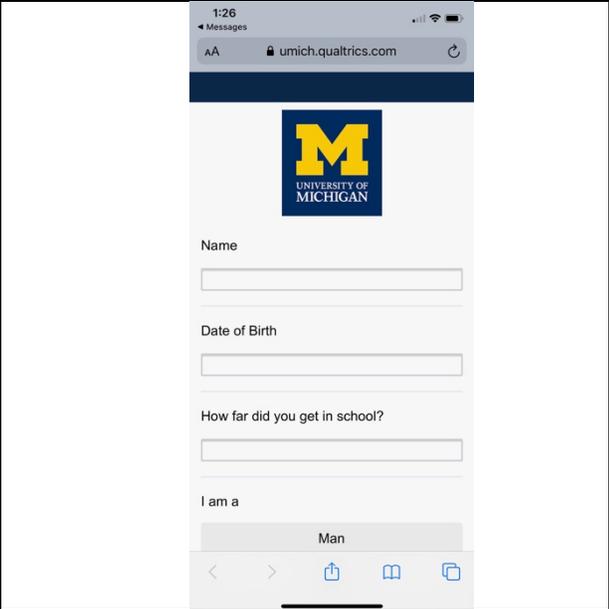
1. You will receive a text message with a link to a survey.



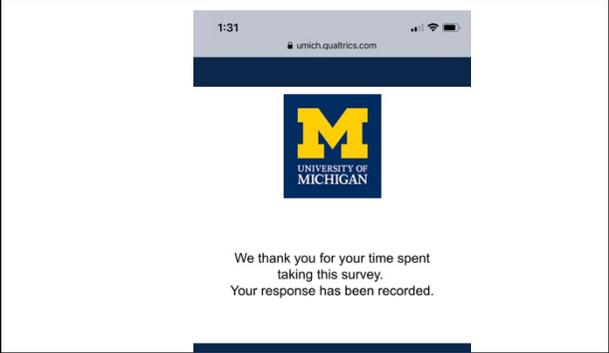
2. If you do not have internet on your phone, you can COPY and PASTE into your internet browser on your computer.

3. If you have internet on your phone, you can click this link, and you will automatically be directed to a web browser page with a yellow Michigan M.

Please remember to update your contact information, phone, and address if you have changes- This is important to getting you up to date info and incentive!



4. Complete the survey to the best of your ability, once you have finished the survey you will directed to a completion screen.



5. You're done!

Congratulations, you are all done!

Thank you for completing your outcome with Reach Out! You will receive your monetary reward within 10-20 business days.

If you have any trouble at all, call us! (810) 337-8399

