

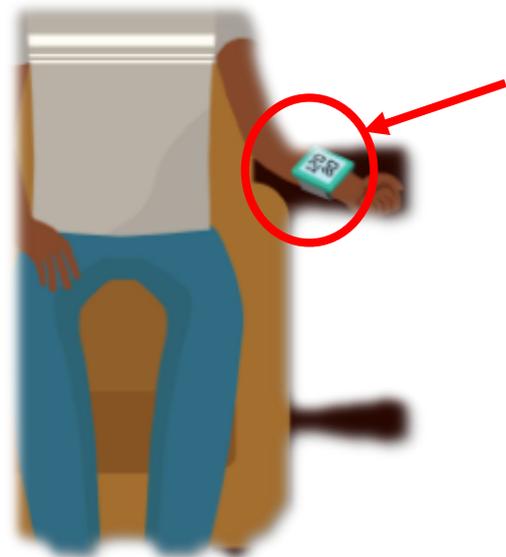
Instructions for Outcomes

It is time for your outcome! It will only take a few minutes. You will be mailed money (\$25 for 6 months. \$30 for 12 months) for completing the outcome. 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!

1 Step 1: Take a photo of yourself wearing the blood pressure cuff!

1. Open your camera app.
2. Place the blood pressure cuff on the inside of your wrist.
3. Aim the camera towards your wrist with the cuff on it.
 - i. We only need to see your wrist and that the cuff is on your wrist. We do NOT need to see your face.

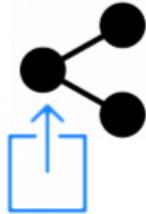


4. When you're ready to take a photo, tap the shutter button located in the middle of the screen to take the photo.



2 Step 2: Send us that photo!

1. Open your camera app.
2. Tap the picture you'd like to text.
3. Tap the share button on your screen. This looks different depending on the phone you are using.



- i. If iPhone it will be in the lower left corner
- ii. If Android it may be in the middle of the top of your screen.



4. Send your photo to (810) 498-2266.

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

3 Step 3: Text us 3 different blood pressures (xxx/xxx)!

1. Take your blood pressure using your blood pressure cuff. Follow the instruction sheet for taking your BP.
2. Text your BP to (810)- 498-2266 as XXX/ XXX.
3. Follow the instructions sheet for text messages.
 - a. This is a text message and does not have to be a picture.

Instructions for Taking Your Blood Pressure (BP) at Home

It is helpful to check your blood pressure throughout the week because your BP can go up and down. You should try to take your BP a total of 4 times each day.

- Take your BP 3 times in the morning, before you eat breakfast & before taking your medications for the day.
- Take your BP again 2 times in the evening, an hour before eating dinner.

♥ Don't drink anything (coffee, pop, or alcohol), smoke, or workout within 1 hour of taking your BP.
♥ Sit down and rest for at least 5 minutes before taking your BP. Sit calmly and don't talk.
♥ Place your left elbow on a table so that the monitor will be at the same level as your heart. Keep your feet flat on the floor and don't cross your legs.
♥ Wrap the cuff around your left wrist. Push the power button to turn the monitor on. The cuff will automatically inflate and measurement will start.
♥ Wait 1 minute as the cuff automatically deflates. Then push the power button again. You should have taken your BP a total of 2 times.
♥ Reply to your REACH OUT text message with your text BP. You can see an example on the screen for BP: 120/80.

Important: The text messages are not read by medical providers. Do not ask medical questions. If you are having an emergency, please call 911!

Have questions about REACH OUT study? Call or text the REACH OUT staff at 810-337-8399

Instructions for Text Messages

You will be getting text message reminders to take your blood pressure (BP). To make sure you are able to receive and send messages.

When you get the text from REACH OUT to take your BP follow the instruction sheet for taking your BP at home.

♥ Text your BP to "REACH OUT" as xxx/xxx (for example: 120/80).

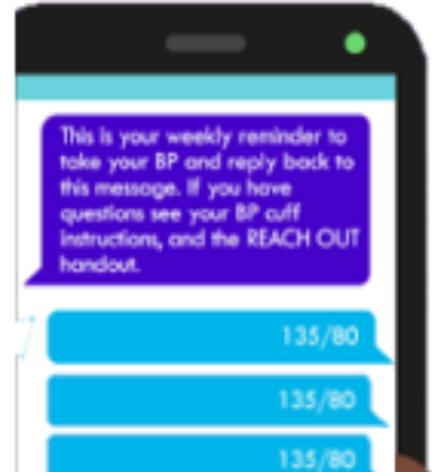
♥ If you want to know all the changes you can make to your text messages, just text HELP.
♥ You can change how often you get text messages to remind you to take your BP.
♥ Text REACH to get text message reminders every day.
♥ Text REACH to get text message reminders once a week.
♥ If you want the text to stop, please text REACH to STOP.
♥ You can stop participating in the REACH OUT project at any time. Just text STOP.

♥ Things to know before you decide to STOP:
♥ The text messages may send text message reminders to take your blood pressure.
♥ We'll only contact you for follow-up at 4 months and 12 months.

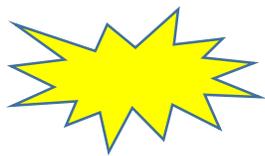
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Have questions about REACH OUT study? Call or text the REACH OUT staff at 810-337-8399

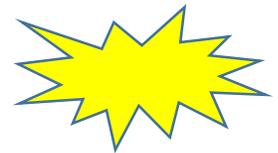
- 4. Do this 3x so you are sending us a total of 3 blood pressures to Reach Out!



You will receive a confirmation that your outcome was completed within 24 hours.



Congratulations, you are all done!



Thank you for completing your 6-month outcome with Reach Out! You will receive your \$30 incentive within 10-20 business days. To confirm your address, call or text Reach Out at (810) 337-8399.

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

Thank you!

Lesli, Will, Mackenzie, Zahera, Candace, Adam, Deborah, Louis

