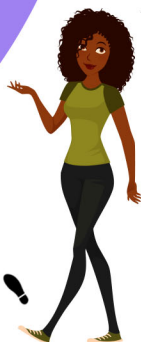
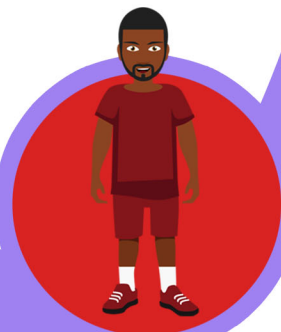


REACH OUT ROADMAP

EMERGENCY DEPARTMENT

ENROLLMENT

You can enroll in the ER if you have elevated BP. You can enroll with a partner if you want!



3-WEEK SCREENING

You will text message weekly with BP. Your partner will support you and remind you to text in your BP.



BYE, REACH OUT!

Your blood pressure is not elevated over 3-weeks, or your partner did not respond to any text messages.

OPTIONAL CONTINUED TEXT MESSAGES

You can choose to keep getting daily health behavior text messages and daily self-reported BP texts.



BYE, REACH OUT!

3-MONTH INTERVENTION

You will receive daily health behavior text messages and daily self-reported BP texts.



BYE, REACH OUT!

You do not reply with BP for 4-weeks or more.



You completed Reach Out and did not want text messages to continue.

