




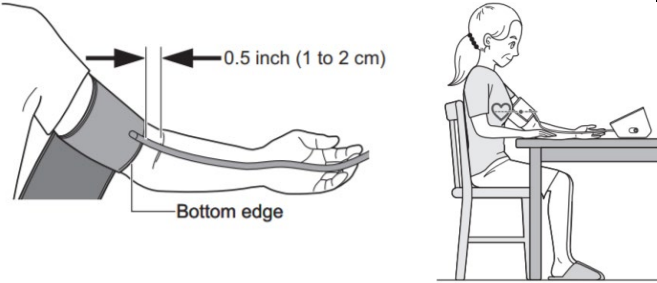
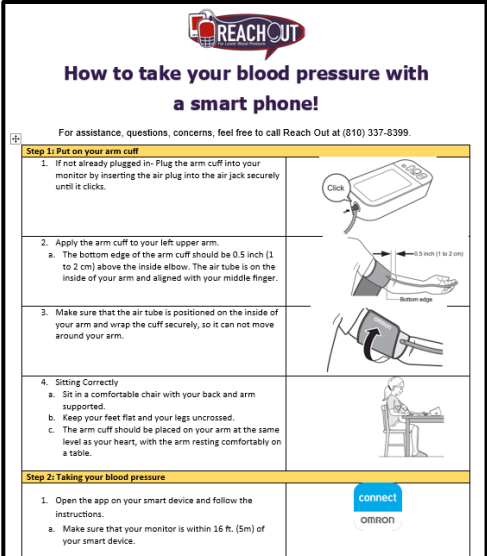
Instructions for Outcomes

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 3 parts

1. Take your blood pressure 3 different times
2. Text or Email your Omron blood pressure report to Reach Out!
3. Complete surveys

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!

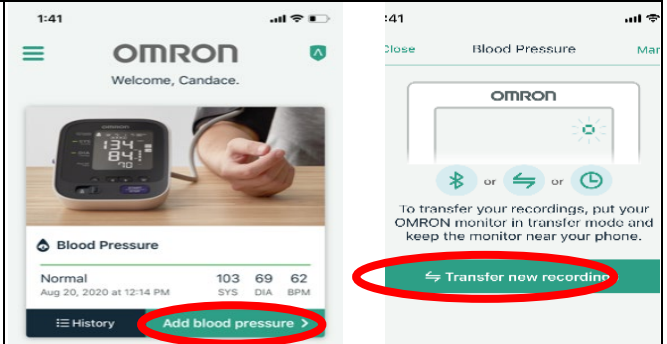
Step 1: Take your blood pressure 3 different times	
<p>1. Open the Omron App on your phone.</p>	
<p>2. Prepare to take your blood pressure</p> <ol style="list-style-type: none"> a. Apply arm cuff to upper left arm and wrap cuff securely. Be sure the air tube is on the inner part of your arm. b. Sit in a comfortable chair with your back and arm supported. c. Keep your feet flat and legs uncrossed 	
<p>3. Reference your instruction sheet “How to take your blood pressure!”</p>	

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

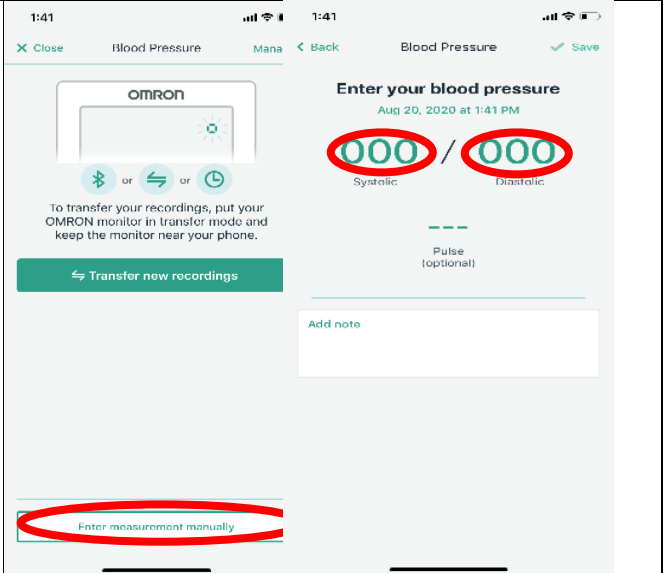


Troubleshooting! If your blood pressures not transferring to your app

1. The readings will be transferred to your smart device within 1 hour after taking a measurement.
 - a. If not there within an hour, transfer the readings manually, press the  button on your cuff.
 - b. Within the app, select “Add blood pressure”
 - c. Select “Transfer new recordings”

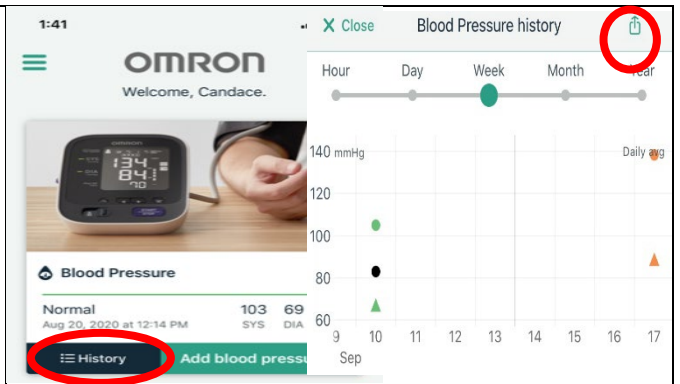


2. If Bluetooth transfer is still not working. Record blood pressure in app manually.
 - a. In OMRON app, select “Add Blood Pressure”
 - b. Select, “Enter measurement manually”
 - c. Enter your blood pressure in the app as it appeared in your BP monitor
 - i. **Systolic** = Top Number
 - ii. **Diastolic** = Bottom Number

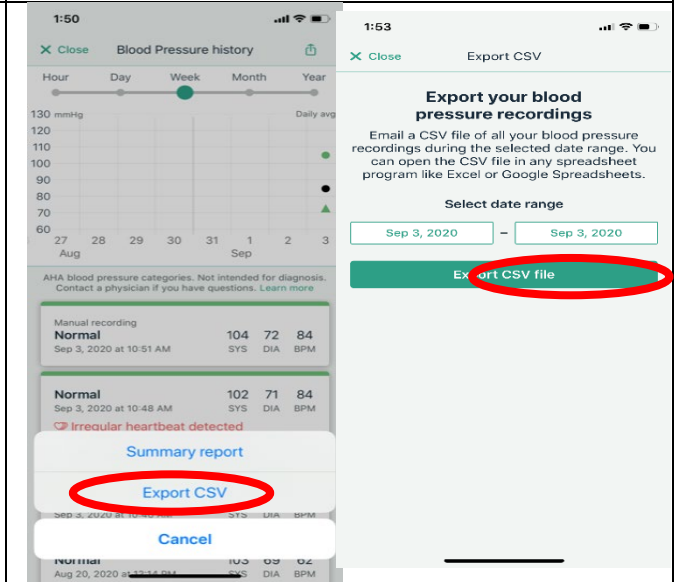


Step 2: Email your Omron blood pressure report to Reach Out!

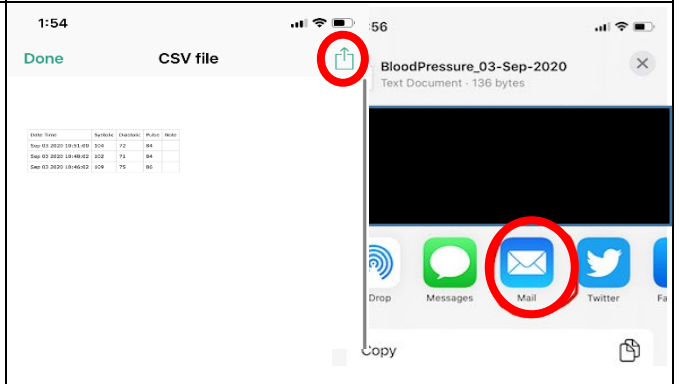
1. Open the Omron App and tap the **“History”** button
2. Next, tap the **share button** in the top right corner of the page



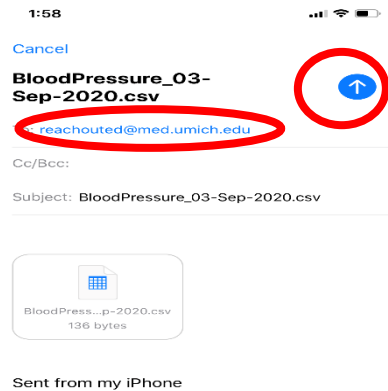
3. Select **“Export CSV”**
 - a. Ensure date range begins on TODAY's date.
 - b. Select **“Export CSV file”**



4. Tap share icon in the top right corner again and select the email option on your device.
 - a. Your icons may look differently than this according to your phone type.

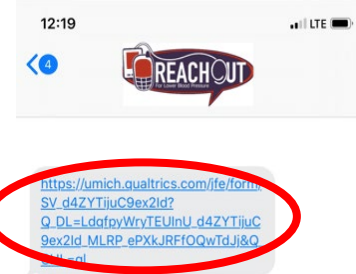


5. Type in our email address:
reachouted@med.umich.edu and press send!



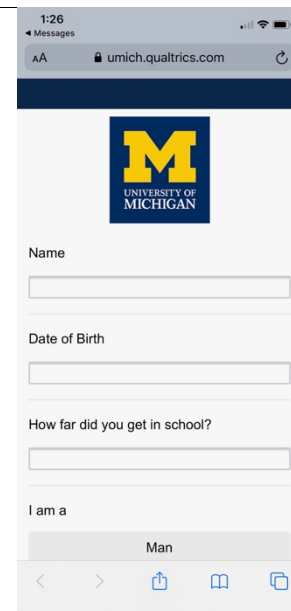
Step 3: Take the survey!

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

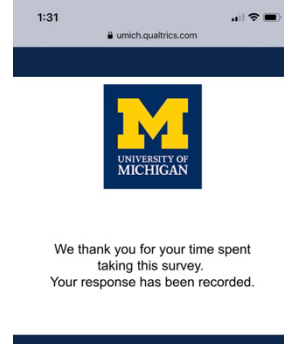


2. Click this link, and you will automatically be directed to a web browser page with a yellow Michigan M.
a. If after clicking you are not automatically directed to a web browser, you can COPY and PASTE into your internet browser.

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!



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



4. **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

