



Welcome to Reach Out Cognitive

We're glad to have you part of our team!

What you need to do next!

Before starting your messages, you will need to...

- Download the Omron application onto your phone
- Pair your new Bluetooth blood pressure cuff to your phone
- Send us a report with 3 different blood pressure readings, 1 minute apart

Send your report to ReachOutED@med.umich.edu

Or screenshot the report and text it to (810) 337-8399

- Complete the survey via link our team texted you

Please complete these steps within 1 week

If you need help, please call (810) 337-8399 for Reach Out!

