

✓ Do you take medication to manage high blood pressure?

You may qualify for a research study to improve blood pressure management.



Participants will be randomly assigned to either:

- Continue with the care you normally receive
- OR
- Receive health coaching in addition to your normal care; the coaching will focus on helping you take your medications as prescribed

To qualify for this study, you must be:

- Age 55 or older
- Diagnosed with high blood pressure
- Taking medications for your blood pressure

The study will last about 6 months including 2 clinic visits and 1 telephone follow-up. At the study visits, we will collect information using surveys, blood pressure measurements, and blood and saliva samples. For those who receive health coaching, there will also be 1 in-person coaching session, 8 telephone coaching sessions, and 1 extra telephone follow-up.

For all study activities, participants will be compensated for their time. Parking fees for study visits will be paid by the study.

To learn more and see if you qualify, please call:

504-988-1075