

[MEDICAL GROUP LETTERHEAD]

Dear [PATIENT NAME]:

We are writing to let you know about an opportunity to participate in a local research study to help control blood pressure. The study is being conducted by the University of California, Berkeley, School of Public Health. You are receiving this letter because you have high blood pressure and may be eligible to participate if you would like to.

Researchers at Health Research for Action, a community research center at UC Berkeley, will be giving people with high blood pressure extra support to make changes to different behaviors that might affect their blood pressure. This might include supporting change in physical activity, exercise, diet, smoking, or stress. Each person who enters the study would choose their own health goal and also receive advice on lifestyle changes that might help control blood pressure. The findings from the study will be used to help make blood pressure control easier for diverse people in the future.

About the intake visit with the research team:

- It will last about 1 hour.
- It will be held at our research center, Health Research for Action.
- Your participation in the study and anything you say in your interview will be kept as confidential as possible. Your doctor will not know if you participate or not and will not receive information from the interview.
- You will get a \$50 gift card or gift of equivalent value as a thank you for your first study visit.

You will then be using a technology we provide to help with lifestyle change for the 9-month period but how often you use it is left up to you. One group will have additional coaching support on top of technology use. There will also be study visits for blood pressure checks with the study team at 6 months and 9 months. You will receive an additional gift card of \$25 for each of the 6- and 9-month study visits (the total value of gifts for participating in the study is \$100).

To find out more about participating you can contact the UCB research team in one of the following ways:

- Call the study line at (510) 462-2088

OR

- Email the study at health.research.action@gmail.com

Whether or not you participate in the study will not affect your medical care or health benefits. This medical group [NAME OF GROUP] will not receive any information about whether or not you participate in the study. If you agree to enroll in the study, the UC Berkeley study team will recommend you check with your doctor if your blood pressure becomes dangerously high.

This study will help support lifestyle changes you can make to help control blood pressure. This study will not change your care plan with your doctor but will help support you in other ways.

Sincerely,

[MEDICAL GROUP CONTACT NAME]