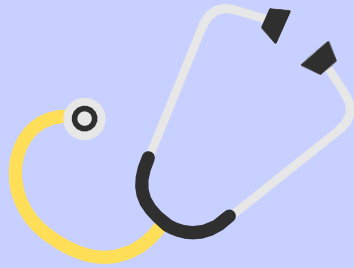


# What is high blood pressure?

High blood pressure is when the pressure inside your blood vessels increases. When your blood pressure is over 140/90, you may be more at risk of health problems, like stroke or heart attack.



## CAN I IMPROVE MY HIGH BLOOD PRESSURE?

There are many ways to have better control of your high blood pressure:

- Regularly checking your own blood pressure at home
- Making lifestyle changes to your diet, salt intake, or physical activity
- Having regular checkups with your doctor, and medication if you need it.

## CONTACT US

This study is hosted by Health Research for Action, a community research center at UC Berkeley's School of Public Health.

If you would like to contact us about the research study or to volunteer, please email [health.research.action@gmail.com](mailto:health.research.action@gmail.com) or call us at (510) 462-2088.



ARE YOU BETWEEN  
THE AGES OF 18-80  
& HAVE A BLOOD  
PRESSURE OF  
140/90 OR HIGHER?

If yes, you may qualify for a new research study at the University of California, Berkeley!



## WHY AM I GETTING THIS FLYER?

Your medical practice has invited people with high blood pressure. If you volunteer to participate, this UC Berkeley based study gives you support to make behavior changes to better control your blood pressure.

## TELL ME MORE ABOUT THIS STUDY.

There are 2 different groups in the study. You have an equal chance of being placed in 1 of the 2 groups. You won't be able to choose or change which group you get. This study lasts 9 months, but you will only spend 4-8 hours total in activities for this study.

### GROUP 1

Will be working with a student coach, receiving a home blood pressure monitor to check blood pressure at home, and 3 in person blood pressure checks.

### GROUP 2

Will get lifestyle education, help choosing a lifestyle goal, and a phone app or website for assistance.



## WILL MY MEDICAL CARE CHANGE IF I WANT TO PARTICIPATE IN THIS STUDY?

No, your medical care and care plan with your doctor will remain the same. Please go to all your scheduled appointments. Your doctor will continue providing medical care and will not know if you participate in this study or not. This research study is not medical care.



Your participation and anything you say is confidential and will not be shared with your doctor.

## DO I GET SOMETHING IN RETURN FOR MY PARTICIPATION?

Yes! Your blood pressure may be lowered through changes in your lifestyle. You will also receive a \$50 gift card or a gift of equal value for your first visit, and another \$25 gift card at each of your 6 and 9 month blood pressure checks. Research studies also help us learn how to provide better care in the future.

Due to COVID-19, if you are not comfortable coming in person for your first visit, we are happy to accept blood pressure measurements from you taken within the last 6 months by your provider or by yourself at a store with a blood pressure measuring station.

## I'M INTERESTED IN PARTICIPATING! HOW DO I SIGN UP?

Thank you for your interest!  
Please email us at [health.research.action@gmail.com](mailto:health.research.action@gmail.com) or call us at (510) 462-2088.

