



# Assist Patients to Manage Blood Pressure with NEW Educational Videos

**Do you treat patients with hypertension?**

Quality Insights is offering - at **NO COST** to your practice - access to a series of **3 short videos** for patient education that:

- ✓ Are easy to understand
- ✓ Can be sent via text, email, or patient portal
- ✓ Can be shown in waiting rooms
- ✓ Can be used with telehealth appointments

**The series includes the following videos:**

- **[Small Steps to Big Improvements](#)**: Walks patients through small steps they can take to make a meaningful change in their blood pressure
- **[Ready, Set, Go: A Roadtrip Through Hypertension](#)**: Discusses blood pressure readings and their meaning in an engaging stoplight format
- **[Take High Blood Pressure Into Your Own Hands](#)**: Describes proper technique for Self-Management of Blood Pressure

If you would like more information about using them in your practice, please contact **Robina Montague** at **800.642.8686, Ext. 7814** or via email at [rmontague@qualityinsights.org](mailto:rmontague@qualityinsights.org).



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