

# GHC-SCW Offers Many Resources to Help Manage Blood Pressure:



## Clinical Pharmacy\*:

- Clinical pharmacists are available as a resource to patients in person, virtually or over the phone. They can answer questions about medications, home monitoring, non-pharmaceutical ways to lower blood pressure and how various lifestyle changes impact blood pressure.
- Clinical pharmacists work with patients and the GHC-SCW primary care provider to make blood pressure management plans.
- The clinical pharmacy team does patient outreach to follow up on elevated blood pressure and lab results and medication use.
- GHC-SCW retail pharmacies have blood pressure cuffs available for purchase.\*

## Blood Pressure Loaner Cuff Program\*:

- GHC-SCW members can borrow an electronic blood pressure cuff from GHC-SCW to monitor blood pressure at home.
- A clinical pharmacist will provide education about blood pressure cuff use and how to report readings to the GHC-SCW primary care provider.
- Virtual video visits with a clinical pharmacist are available for blood pressure loaner cuff follow-up.

## Registered Dietitians\*:

- Registered dietitians are providers that specialize in nutrition.
- Registered dietitians work with patients to make effective lifestyle modifications including adjustments to their diet and exercise routines.
- Patients will learn how to incorporate meal plans such as DASH and/or Mediterranean diets to help improve health outcomes such as lowering blood pressure.

## Nursing Staff:

- GHC-SCW nursing staff are available for blood pressure checks.
- Nursing staff will communicate blood pressure readings to the primary care provider.
- Nursing staff can check the accuracy of personal blood pressure cuffs by comparing the results from the personal cuff to the results of the clinic cuff.

*At any appointment, blood pressure readings may be re-checked if the initial blood pressure reading is elevated.*

Patients are encouraged to discuss these options with their Primary Care Provider. Additional costs may apply for these services. For more information, visit our website.

\*A referral may be needed for these services.

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