



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 these videos in your practice, contact **Ashley Biscardi** at **1-800-642-8686, Ext. 137**.



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