

## Who We Are

Your healthcare provider partnered with us to **remotely monitor your blood pressure**. We offer:



Remote Monitoring



Actionable Analytics



Improved Outcomes

## Our Process

- ▶ Alertive **virtually onboards** patients so no in-person visits are necessary.
- ▶ An **Alertive Enrollment Specialist** will contact you within 2 business days.
- ▶ We will confirm mailing information, schedule an appointment, and **ship you a blood pressure cuff**.



## Getting Started

**Our representatives are here every step of the way**

- ▶ Your Enrollment Specialist will contact you from **833-497-3286**.
- ▶ If you need assistance, please contact us at **833-497-3786** and we will be happy to assist you.
- ▶ Once you begin the program, a Care Team Member will contact you from **321-236-0001** one to two times per month to:
  - Review your blood pressure readings
  - Give you tips on diet and exercise
  - Review your medications
  - Provide you with any additional support



For questions about your blood pressure cuff or measurements, please call:



**833-497-3786**

## Taking a Blood Pressure Reading

**Step 1:** Sit with your feet flat on the floor without crossing your legs. While seated, place your hand in front of you, palm side up on a flat surface. Position the cuff on your upper arm with the air tube placed in the middle of your arm at the elbow.



**Step 2:** Close the cuff with the Velcro fastener. It should fit comfortably around your arm. You should be able to insert one finger between your arm and the cuff.



**Step 3:** After placing the cuff on your arm and relaxing for a moment, press the “**START/STOP**” button.



**Step 4:** The monitor will inflate the cuff as your blood pressure is measured. When the measurement is finished the blood pressure and pulse rate will be displayed on the monitor.



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