



## What is TEAM?

Our program is a personalized and effective approach to support your blood pressure goals and reduce your risk of heart disease. This program has been proven beneficial for all Veterans. In addition, we developed a specific track within our TEAM program for women (TEAM-WV) to address heart disease risk unique to women .

As a member of TEAM/TEAM-WV, you receive:

- Personalized blood pressure report
- Individual follow-up from a Population Health Manager from the VA
- Video Visits to support managing your blood pressure
- Support in meeting personal goals and making necessary contacts

## TEAM CONTACT



NAME \_\_\_\_\_

TITLE \_\_\_\_\_

CONTACT \_\_\_\_\_



NAME \_\_\_\_\_

TITLE \_\_\_\_\_

CONTACT \_\_\_\_\_



**Choose**  **VA**

**LOCAL VA  
LOGO HERE**

**ADAPT**  
DURHAM CENTER OF INNOVATION  
TO ACCELERATE DISCOVERY AND  
PRACTICE TRANSFORMATION



**Brochure Created By:**



**LOCAL VA  
LOGO HERE**

## HOW IS YOUR BLOOD PRESSURE?



# TEAM

TEAM-SUPPORTED EHR –LEVERAGED  
ACTIVE MANAGEMENT

**CONTROL YOUR BP**

What is your SMART goal to reduce your blood pressure?

## S SPECIFIC

*Specific goals are well-defined & clear-cut.*

## M MEASUREABLE

*Measurable goals make it easier to know how successful you are.*

## A ACHIEVABLE

*Achievable goals are set up for success because they're goals you can realistically accomplish.*

## R RELEVANT

*Setting relevant goals ensures that you're working towards goals that are worthwhile.*

## T TIME—BOUND

*Time—Bound goals have a definite time or date they are to be accomplished.*

## Blood Pressure Control

AGE	< 59	> 60
RED	> 140	> 160 / 90
YELLOW	130 - 140	150 - 160
GREEN	< 130 / 90	< 150

Population Health Manager:

Primary Care Provider:

Your Personalized BP Goal:

## BLOOD PRESSURE TRACKER

WEEK OF _____							
	MON	TUE	WED	THUR	FRI	SAT	SUN
MORNING	/	/	/	/	/	/	/
NOON	/	/	/	/	/	/	/
EVENING	/	/	/	/	/	/	/

WEEK OF _____							
	MON	TUE	WED	THUR	FRI	SAT	SUN
MORNING	/	/	/	/	/	/	/
NOON	/	/	/	/	/	/	/
EVENING	/	/	/	/	/	/	/

WEEK OF _____							
	MON	TUE	WED	THUR	FRI	SAT	SUN
MORNING	/	/	/	/	/	/	/
NOON	/	/	/	/	/	/	/
EVENING	/	/	/	/	/	/	/