

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





LOCAL VA





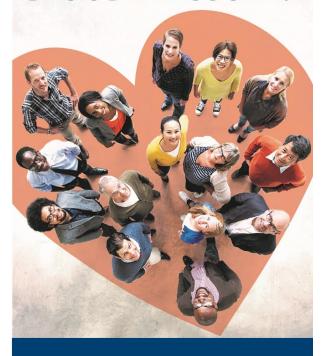


Brochure Created By:



LOCAL VA

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?



Specific goals are well-defined & clear-cut.

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.

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	1	1	1	1	1	1	1	
NOON	1	1	1	1	1	1	1	
EVENING	1	1	1	1	1	1	1	

WEEK OF								
	MON	TUE	WED	THUR	FRI	SAT	SUN	
MORNING	1	1	1	1	1	1	1	
NOON	1	1	1	1	1	1	1	
EVENING	1	1	1	1	1	1	1	

WEEK OF							
	MON	TUE	WED	THUR	FRI	SAT	SUN
MORNING	1	1	1	1	1	1	1
NOON	1	1	1	1	1	1	1
EVENING	1	1	1	1	1	1	1