

# Memorandum

To: Gold Coast Health Plan Providers

From: Kimberly Timmerman, MHA, CPHQ, Senior Director of Quality Improvement

Re: **New Provider Blood Pressure Toolkit**

Date: August 8, 2023

Gold Coast Health Plan's (GCHP) goal is to offer providers tools they can use to assist patients with their blood pressure control. GCHP has developed a Blood Pressure Tool Kit that provides guidance and support with valuable resources and educational material for members.

**Provider education materials include:**

- Referral forms for GCHP Health Education and Care Management.
- A tip sheet explaining how members can get at-home blood pressure cuffs and a monitor system, including:
  - Which blood pressure products are covered.
  - Where to find pharmacies that will accept the prescription.
  - Billing questions.
- A fact sheet on why telehealth shouldn't mean skipping blood pressure measurements.

**Member education materials include:**

- How-to guide on how to correctly check blood pressure.
- Blood pressure daily diary.
- Tip sheet on daily care for hypertension.
- Tip sheet on when to get help for hypertension.
- GCHP Health Library: Online health education resources and videos on managing hypertension, healthy eating, and exercise.
- 24-Hour Advice Nurse Line: 1-877-431-1700 (TTY 711).

The toolkit and its components can be found on the [GCHP website](#), located under the Provider Resources tab.

For more information or questions, email [QualityImprovement@goldchp.org](mailto:QualityImprovement@goldchp.org).