



---

# HYPERTENSION

---

## Program Overview

When you enroll in the Hypertension Care Rewards program, you will work with a Health Coach to establish a step by step plan to manage your high blood pressure. Most participants meet with their coach once a month and sessions are held over the phone. As you meet with your Health Coach you will become eligible for added benefits!

- 1st Appointment: Receive a free blood pressure monitor certificate redeemable at the BMC Yawkey Pharmacy. *Note, you must complete at least one appointment and become active in the program to be eligible to redeem benefits.*
- 2nd Appointment: Receive your generic high blood pressure/hypertension medications for a \$0 copay\*.
- 3rd Appointment: Receive a free fitness band and personalized exercise program.
- 6th Appointment: Receive your \$150 fitness benefit (this is in additions to the regular \$150 benefit)

*\* In order to qualify for the \$0 copay benefit, medications must be filled at the BMC pharmacies or through BMC's Cornerstone Home Delivery, and you must complete at least six appointments to continue to be eligible*

## Ways your Health Coach can help

- Establish a care plan with your Health Coach tailored to your personal health goals
- Explore new ways of incorporating lifestyle changes that will help you maintain your goals
- Communicate with your Health Coach outside of regularly scheduled appointments by email or your Coach's dedicated number
- Access personalized resources and educational information

## Eligibility

Enrolled in a BMC employee medical plan with Health Plans, Inc.

## How to get started

To enroll you may call 866.234.4635 or visit <http://enroll.trestletree.com> and enter "Boston Medical Center" into the 'Company or Enrollment Code' box. If you register online, you will receive a call from Achieve Health to schedule your first health coaching session.

## Questions

If you need assistance, please call 866.234.4635.

## Let us know what you think!

If you would like to provide feedback on your experience with this program, please email the BMC Benefits Team at [benefits@bmc.org](mailto:benefits@bmc.org).