



**Transform
your future!**

Transform for Blood Pressure

A personalized program you can count on

The Transform for Blood Pressure program is designed to help individuals with high blood pressure (BP) bring their BP into a healthy range if appropriate or achieve a clinically meaningful reduction according to their baseline BP.

The Transform program is convenient and easy to fit into your schedule, with no in-person meetings. You'll track your progress, participate in lessons and communicate directly with your coach through your smartphone, tablet or computer.

**Scan the QR code to
download the app.**



What to expect

Transform for Blood Pressure is a yearlong program with two distinct phases:

1. Transform Core | 6 months

The first six months of the program focus on learning sessions with built-in activities that help you apply the information to your own life right away. The learning sessions cover topics related to:

- Healthy blood pressure range
- Healthy eating
- Being more active
- Emotional and mental resilience

You'll have weekly lessons the first four months and bi-weekly the next two. Each week you'll also connect with your health coach for individual support and goal-setting. Sessions are remote through phone calls and chat in the Transform program.



2. Transform for Life | 6 months

The remaining six months of the program are dedicated to maintaining and reinforcing the new healthy behaviors you developed in the first six months.

You'll receive monthly learning sessions and coach check-ins.



Program goals

While you're in the program, we set two primary goals for you:

1. Attain average reduction in systolic and/or diastolic blood pressure

This reduction will help improve your heart health.

2. Increase your physical activity to 150 minutes each week

Your coach will help you incorporate more physical activity at moderate intensity throughout the week. For example, 30 minutes of brisk walking, five days a week, will get you to this goal.

There are many different ways to be active. The program is designed to help you find something that you enjoy and fits with your schedule.

Devices to track your progress

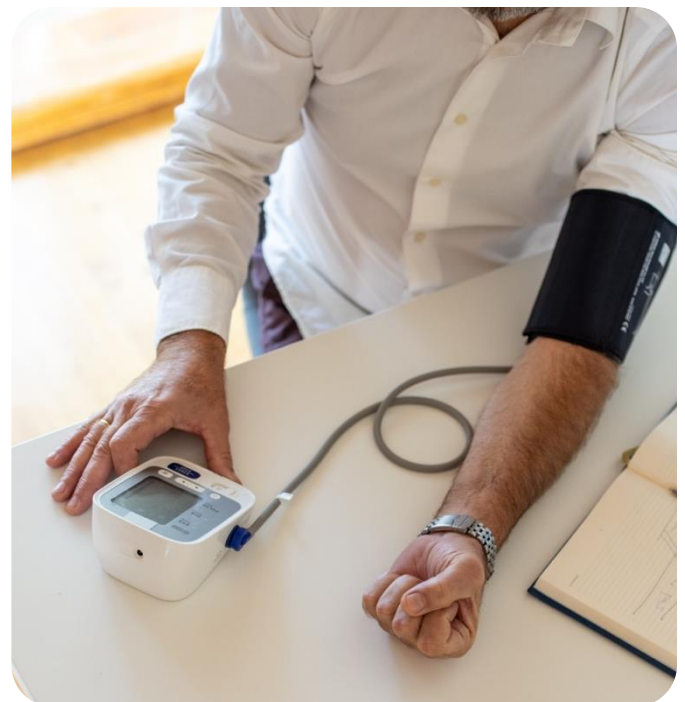
We'll send you a device by mail that can help you and your coach track your blood pressure measurements while in the Transform program.



Blood pressure monitor

You'll receive the blood pressure monitor either before or very close to your program start date.

Once you set up your device, all your blood pressure measurements will be sent to you and your coach. That way you can both track your progress in real time.



Stay informed, motivated, connected and on track

The Transform for Blood Pressure program is centered around personalized coaching, staying connected and daily engagement on the app to keep your goals and progress top of mind.

Transform app features

Lessons:

Learn from a comprehensive curriculum focused on nutrition, exercise and other lifestyle factors like stress management and social support.

Food tracking:

Take photos of each meal and upload them to the app for your coach to see. Or enter what you eat manually—it's up to you.

Personal dashboard:

Enjoy a visual display of all your data in one place where you can easily see your weight loss and weekly activity progress.

Personal health coaching

A dedicated health coach will guide you through your journey and provide logistical, informational and emotional support. Your coach will help you create a health vision and set attainable weekly goals to help keep you on track and accountable.

You'll stay connected to your coach through a combination of regular phone calls and chat on the Personify Health app.



Program requirements and expectations

We've just outlined everything that we promise to deliver to help you reach your heart health. But if you're going to experience long-term benefits from the program, you'll have to meet us halfway. Here's what we expect from you.

A commitment to:

- Regularly check in with your health coach
- Use the blood pressure monitor three times each week on different days
- Track your food three times each week on different days
- Track 150 minutes of exercise each week
- Complete each lesson and quiz
- Use a smartphone, tablet or computer with the latest operating system
- Willingly adopt healthy new lifestyle habits

Your next steps

The next thing for you to do is to sit tight! Here's what you can expect:

- In a few days we will introduce you to your health coach and confirm your program start date.
- You'll receive your blood pressure monitor by mail. We will send it to the address you provided on your online enrollment form.

If you have any questions, don't hesitate to reach out to us!

Call us toll-free at **888-345-2425** or email us at **transform@personifyhealth.com** and we'll be more than happy to answer any questions.

