



- No cost remote health devices
- Virtual visits for chronic conditions at no cost to you
- Help improve local telehealth



# Rockingham Primary Care Initiative presents Remote Monitoring in the Rock\*

## PATIENT ENROLLMENT INFORMATION

*Are you a Rockingham County resident who wants the convenience of at-home health monitoring as well as visiting your doctor from your computer or smartphone? Remote Care in the Rock is a no cost service available to eligible participants through your local primary care practice.*

### Am I eligible?

The program is open to Residents of **Rockingham County, N.C.**, who have **Medicare** or are uninsured and suffer from one or more chronic health conditions.

### What will I receive?

- Monitoring devices: Blood pressure cuff and scale at no cost to you
- Ongoing virtual visits: Continual support and virtual care wellness visits from local nurses and medical staff
- Participant survey(s): An opportunity to provide feedback about virtual visits and the use of remote monitoring devices

### How to I enroll?

Your primary care physician, nurse, and/or care team can assist you in enrolling in the **Remote Care in the Rock** program and answer any questions you may have.

There is no fee for patients to participate in the program.



Partners

UNC School of Medicine, Department of Family Medicine | Piedmont Area Health Education Center  
Care Connect- Cone Health | UNC Physicians Network | Rockingham County Residents

# Remote Monitoring in the Rock

## Patient Readiness Questions

### English:

1. Have you previously joined a home monitoring program to help you control your blood pressure?
2. What, specifically, has stopped you in the past from reaching your goal of managing your blood pressure?
3. Using a scale of 1 to 10 (1 =“there’s no way” and 10 =“definitely will do”), would you be able to monitor your blood pressure for 7 out of 7 days?

# Remote Monitoring in the Rock

## Remote Patient Monitoring (RPM) Consent Form

I understand that:

- I understand the devices are to be used only for the Remote Monitoring in the Rock program.
- I will do my best to use the equipment as instructed.
- I am the only person who should be using the remote monitoring equipment.
- I will not use the devices for reasons other than taking my own personal blood pressures (BP) and weights.
- I will not tamper with the equipment. I understand that I am responsible for any fees associated with misuse of the equipment.
- I acknowledge that I received blood pressure monitor Serial # \_\_\_\_\_
- The device is meant to collect BP readings and transfer those readings to an online website. It is NOT AN EMERGENCY RESPONSE UNIT AND IS NOT MONITORED 24/7. Call 911 for immediate medical emergencies.
- I acknowledge that I have received electronic weight scale Serial # \_\_\_\_\_.
- I am aware my BP daily readings will be transmitted from the monitor to a website in a safe and secure manner.
- My consent to participate in Remote Care in the Rock will remain in place as long as I keep the equipment.
- I can withdraw my consent to participate in this program at any time by returning the BP Monitor/Cuff device.
- The Care Connect team will securely and confidentially store my collected data. Nursing notes about my BP and weight will be stored in my electronic medical record.
- I will do my best to take my BP two times a day, every day.
- I will do my best to measure my weight on the electronic scale every day.
- I am aware that a Remote Patient Monitoring Qualified Health Professional will only view my readings every 4 days, and that this program is NOT a 24/7 Monitoring Service.
- I will be contacted every 4 days, by phone, to review and discuss my results and progress.

I, \_\_\_\_\_ (Print your name)

have read and understood the information and consent to participate in the Remote Patient Monitoring program as stated above.

Date: \_\_\_\_\_ (dd/mm/yyyy)

Signature of Patient or Authorized Person (Relationship of Authorized Person) \_\_\_\_\_

# How to measure your blood pressure at home



MAPBP™

## Follow these steps for an accurate blood pressure measurement

### 1. PREPARE

Avoid caffeine, smoking and exercise for 30 minutes before measuring your blood pressure.

Wait at least 30 minutes after a meal.

If you're on blood pressure medication, measure your BP *before* you take your medication.

Empty your bladder beforehand.

Find a quiet space where you can sit comfortably without distraction.

### 2. POSITION



### 3. MEASURE

Rest for five minutes while in position before starting.

Take two or three measurements, one minute apart, twice daily for seven days.

Keep your body relaxed and in position during measurements.

Sit quietly with no distractions during measurements—avoid conversations, TV, phones and other devices.

Record your measurements when finished.

# Remote Monitoring in the Rock

## Blood Pressure Remote Monitoring Goal Sheet

Name:

Date:

Daily at:



Measure your weight without any clothes. It is best to weigh after you have gone to the restroom and always before you eat or drink anything.



Measure BP twice at \_\_\_\_\_am and \_\_\_\_\_pm

Take two readings both in the am and pm 5 minutes apart. Follow the AMA diagram.

Don't take extra readings unless you are having symptoms or are told to do so by your team.



When to call the office: \_\_\_\_\_



When to go to ER:

If you are having a medical emergency. Do not call your care team. Call 911. Read the hypertensive crisis sheet. If you experience any of the symptoms with elevated blood pressure, call 911.



Your Care Connect team will contact you \_\_\_\_\_ time(s) a week. If you have a question, please call your primary care provider for medication issues if you become ill.



Disclaimer: Remember, your Care Connect Case Manager's are available from 9 a.m. to 5 p.m. Monday - Friday. This program is not an emergency service. Your blood pressure is not monitored by clinical staff in real time. Any symptomatic high blood pressures should be evaluated at a clinic or emergency facility.

# Remote Monitoring in the Rock

## What is a Hypertensive Crisis?

If your blood pressure is elevated to 180/120 or higher and you are experiencing any of these warning symptoms:

- chest pain/upper back pain
- nausea and vomiting
- shortness of breath
- severe headache
- dizziness
- numbness/weakness
- seizures
- blurred vision
- difficulty speaking

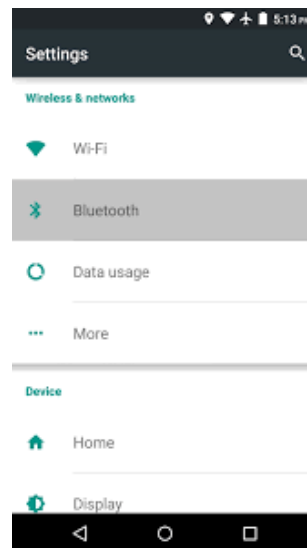
**Do not wait to recheck your blood pressure  
and instead you should call 911  
and go immediately to the emergency room.**

# Setting Up Your Devices for Remote Home Monitoring

Follow the steps to set up the devices and begin to monitor



1. Unpack your device
2. Make sure that the batteries have been installed
3. On your **smart phone** go to the settings on I-phone or go to setting and then connections for Android phones.
4. Make sure that your Bluetooth has been turned on as shown below:

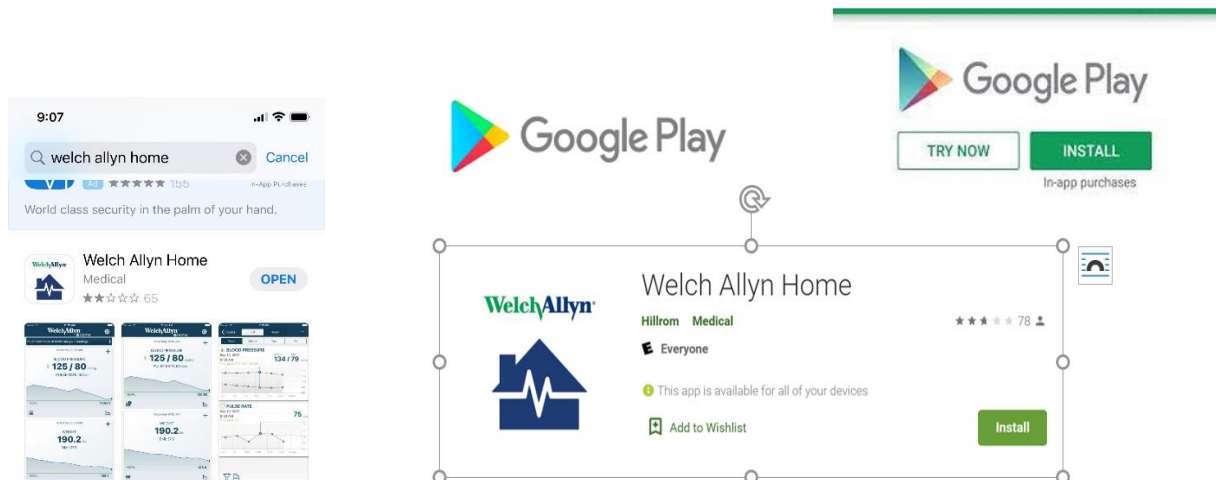


# Setting Up Your Devices for Remote Home Monitoring

Follow the steps to set up the devices and begin to monitor

- Now, go to the Apple store on your I phone or the play store on your android phone.

Search for **Welsh Allyn Home**, and then *download and open* or *install* the application. Its free!



- Be sure that blue tooth has been turned on before proceeding.
- Hit open on Apple or click on the Welsh Allyn Home icon and the **sign on page will appear**.


**Complete the following steps:**

- Enter email address
- Click **register**
- Complete the registration
- Check your email for the temporary password**
- Go back to the APP and enter email and temporary password received in the email
  - NOTE password is case sensitive
- Agree to terms of use**
- Pick a new password you will recall**
- Complete your profile
- Set your goals with your nurse (general >60 145/85 <60 135/85)
- Turn all categories on for Apple Health Kit if you want to use that APP if not hit "Don't allow"
- Add a device: first click on I have a blood pressure cuff**
  - Push the on button for 2 seconds and see the blood tooth icon blink. Your device will automatically connect.
  - Name your device (optional)
  - You will be redirected back to add a device.
- Hit add a scale**, power on the scale, the blue tooth icon will be flashing when you push the button on the back of the scale (follow the pictures to add the scale by pushing the button on the back of the scale). Hold it until you pair. You may rename your scale.



# Setting Up Your Devices for Remote Home Monitoring

*Follow the steps to set up the devices and begin to monitor*

8. You will see a request on the application to link you to the clinic. It will come from a provider such as John Jenkins, MD. Please click yes.
9. **You are ready to go.** Time to test some readings! Every time you open the app you will be asked to sign in with your email and password (unless you activate automatic sign on such as facial recognition. Place your password here \_\_\_\_\_ and save it in a safe place!
10. Ready to do some readings?
  - a. Make sure the application is open
  - b. Make sure you have “bars” on your phone, or your phone is connected to Wi-Fi.
  - c. Push the button on your scale and hold it for about 3 seconds to wake up your connection
  - d. Put the cuff on your arm. Make sure the Welch ally and the picture faces you and the artery  mark is lined up with the center of the bend of your elbow. Tighten the cuff with the Velcro so that it is snug but not tight.
  - e. Push the start button once. Do not hold in the button.
  - f. Allow the cuff to inflate, deflate, and the blood pressure to appear on your screen before you remove the cuff.
  - g. Check the application to make sure that the reading in on your app.
  - h. Thanks! You did it!

## Who to call for help?

**For technical support (device not working) please check the batteries first. Turn the device off and back on. If it is still not working, then call Welsh Allyn Home at (800) 856 4605 chose option 1 between 8 Am and 5 PM eastern time.**

**For clinical questions about your blood pressure of weight monitoring program call your Care Connect team member during office hours from 9AM to 4PM Monday through Friday and 9-12 Noon on Friday at Clara Gunn (336) 709-6689.**

**For other questions regarding your medications, an illness or injury, or appointments please contact your primary care providers office.**

IN BRIEF:

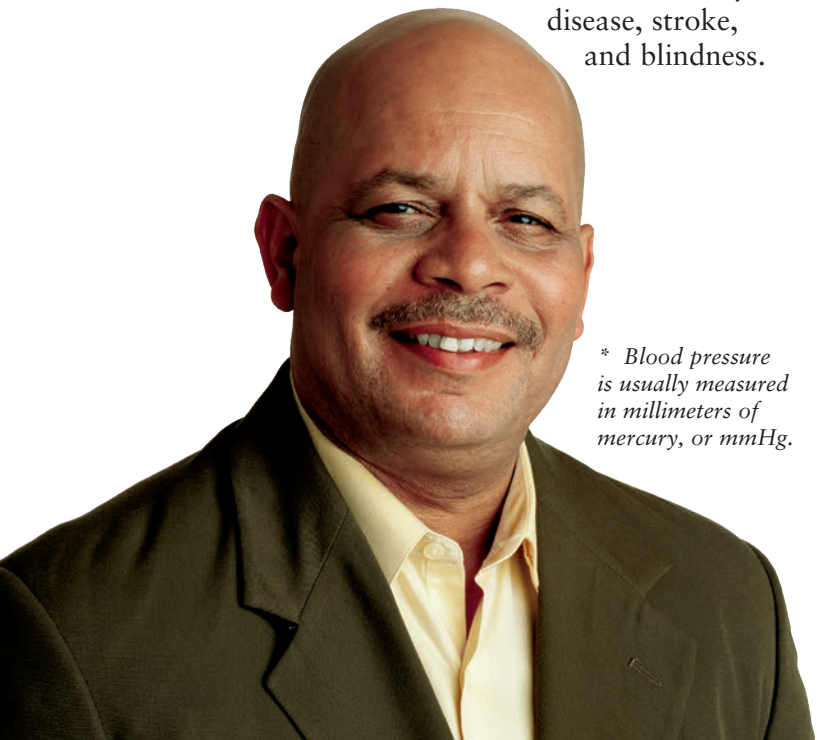


# Your Guide To Lowering Your Blood Pressure With DASH



What you eat affects your chances of developing high blood pressure (hypertension). Research shows that high blood pressure can be prevented—and lowered—by following the Dietary Approaches to Stop Hypertension (DASH) eating plan, which includes eating less sodium.

High blood pressure is blood pressure higher than 140/90 mmHg\*, and prehypertension is blood pressure between 120/80 and 139/89 mmHg. High blood pressure is dangerous because it makes your heart work too hard, hardens the walls of your arteries, and can cause the brain to hemorrhage or the kidneys to function poorly or not at all. If not controlled, high blood pressure can lead to heart and kidney disease, stroke, and blindness.



\* Blood pressure is usually measured in millimeters of mercury, or mmHg.

But high blood pressure can be prevented—and lowered—if you take these steps:

- Follow a healthy eating plan, such as DASH, that includes foods lower in sodium.
- Maintain a healthy weight.
- Be moderately physically active for at least 2 hours and 30 minutes per week.
- If you drink alcoholic beverages, do so in moderation.

If you already have high blood pressure and your doctor has prescribed medicine, take your medicine, as directed, and follow these steps.

## The DASH Eating Plan

The DASH eating plan is rich in fruits, vegetables, fat-free or low-fat milk and milk products, whole grains, fish, poultry, beans, seeds, and nuts. It also contains less sodium; sweets, added sugars, and beverages containing sugar; fats; and red meats than the typical American diet. This heart-healthy way of eating is also lower in saturated fat, *trans* fat, and cholesterol and rich in nutrients that are associated with lowering blood pressure—mainly potassium, magnesium, calcium, protein, and fiber.



## How Do I Make the DASH?

The DASH eating plan requires no special foods and has no hard-to-follow recipes. It simply calls for a certain number of daily servings from various food groups.

The number of servings depends on the number of calories you're allowed each day. Your calorie level depends on your age and, especially, how active you are. Think of this as an energy balance system—if you want to maintain your current weight, you should take in only as many calories as you burn by being physically active. If you need to lose weight, eat fewer calories than you burn or increase your activity level to burn more calories than you eat.

What is your physical activity level? Are you mostly:

- Sedentary? You do only light physical activity that is part of your typical day-to-day routine.
- Moderately active? You do physical activity equal to walking about 1 to 3 miles a day at 3 to 4 miles per hour, plus light physical activity.
- Active? You do physical activity equal to walking more than 3 miles per day at 3 to 4 miles per hour, plus light physical activity.

Use the chart below to estimate your daily calorie needs.

## Your Daily Calorie Needs

Gender	Age (years)	Calories Needed for Each Activity Level		
		Sedentary	Moderately Active	Active
Female	19–30	2,000	2,000–2,200	2,400
	31–50	1,800	2,000	2,200
	51+	1,600	1,800	2,000–2,200
Male	19–30	2,400	2,600–2,800	3,000
	31–50	2,200	2,400–2,600	2,800–3,000
	51+	2,000	2,200–2,400	2,400–2,800

Now that you know how many calories you're allowed each day, find the closest calorie level to yours in the chart on page 3 called “Following the DASH Eating Plan.” This shows roughly the number of servings from each food group that you can eat each day.

Next, compare DASH with your current eating pattern. Fill in the “What’s on Your Plate and How Much Are You Moving?” chart on page 4 for 1 or 2 days to compare what you usually eat with the DASH eating plan—and note how active you are. This should help you decide what changes you need to make in your food choices—and in the sizes of the portions you eat.

“A Day With the DASH Eating Plan” on page 6 shows a sample menu based on about 2,000 calories a day. Increase or decrease the serving sizes for your own calorie level. This chart also shows the two levels of sodium, 2,300 and 1,500 milligrams (mg), that DASH allows each day. Because fruits and vegetables are naturally lower in sodium than many other foods, DASH makes it easier to eat less sodium. Try it at the 2,300 mg level (about 1 teaspoon of table salt). Then, talk to your doctor about gradually lowering it to 1,500 mg a day. Keep in mind: The less sodium you eat, the more you may be able to lower your blood pressure.

Choose and prepare foods with less sodium and salt, and don't bring the salt shaker to the table. Be creative—try herbs, spices, lemon, lime, vinegar, wine, and salt-free seasoning blends in cooking and at the table. And, because most of the sodium that we eat comes from processed foods, be sure to read food labels to check the amount of sodium in different food products. Aim for foods that contain 5 percent or less of the Daily Value of sodium. Foods with 20 percent or more Daily Value of sodium are considered high. These include baked goods, certain cereals, soy sauce, and some antacids—the range is wide.

## DASH Tips for Gradual Change

Make these changes over a couple of days or weeks to give yourself a chance to adjust and make them part of your daily routine:

- Add a serving of vegetables at lunch one day and dinner the next, and add fruit at one meal or as a snack.
- Increase your use of fat-free and low-fat milk products to three servings a day.
- Limit lean meats to 6 ounces a day—3 ounces a meal, which is about the size of a deck of cards. If you usually eat large portions of meats, cut them back over a couple of days—by half or a third at each meal.
- Include two or more vegetarian-style, or meatless, meals each week.

# Following the DASH Eating Plan

Use this chart to help you plan your menus—or take it with you when you go to the store.

Food Group	Servings Per Day			Serving Sizes	Examples and Notes	Significance of Each Food Group to the DASH Eating Plan
	1,600 Calories	2,000 Calories	2,600 Calories			
<b>Grains*</b>	6	6–8	10–11	1 slice bread 1 oz dry cereal† ½ cup cooked rice, pasta, or cereal	Whole wheat bread and rolls, whole wheat pasta, English muffin, pita bread, bagel, cereals, grits, oatmeal, brown rice, unsalted pretzels and popcorn	Major sources of energy and fiber
<b>Vegetables</b>	3–4	4–5	5–6	1 cup raw leafy vegetable ½ cup cut-up raw or cooked vegetable ½ cup vegetable juice	Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes	Rich sources of potassium, magnesium, and fiber
<b>Fruits</b>	4	4–5	5–6	1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit ½ cup fruit juice	Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines	Important sources of potassium, magnesium, and fiber
<b>Fat-free or low-fat milk and milk products</b>	2–3	2–3	3	1 cup milk or yogurt 1½ oz cheese	Fat-free (skim) or low-fat (1%) milk or buttermilk; fat-free, low-fat, or reduced-fat cheese; fat-free or low-fat regular or frozen yogurt	Major sources of calcium and protein
<b>Lean meats, poultry, and fish</b>	3–6	6 or less	6	1 oz cooked meats, poultry, or fish 1 egg‡	Select only lean meats; trim away visible fat; broil, roast, or poach; remove skin from poultry	Rich sources of protein and magnesium
<b>Nuts, seeds, and legumes</b>	3 per week	4–5 per week	1	½ cup or 1½ oz nuts 2 Tbsp peanut butter 2 Tbsp or ½ oz seeds ½ cup cooked legumes (dry beans and peas)	Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas	Rich sources of energy, magnesium, protein, and fiber
<b>Fats and oils§</b>	2	2–3	3	1 tsp soft margarine 1 tsp vegetable oil 1 Tbsp mayonnaise 2 Tbsp salad dressing	Soft margarine, vegetable oil (such as canola, corn, olive, or safflower), low-fat mayonnaise, light salad dressing	The DASH study had 27 percent of calories as fat, including fat in or added to foods
<b>Sweets and added sugars</b>	0	5 or less per week	≤2	1 Tbsp sugar 1 Tbsp jelly or jam ½ cup sorbet, gelatin 1 cup lemonade	Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar	Sweets should be low in fat

\* Whole grains are recommended for most grain servings as a good source of fiber and nutrients.

† Serving sizes vary between ½ cup and 1¼ cups, depending on cereal type. Check the product's Nutrition Facts label.

‡ Because eggs are high in cholesterol, limit egg yolk intake to no more than four per week; two egg whites have the same protein content as 1 oz of meat.

§ Fat content changes serving amount for fats and oils. For example, 1 Tbsp of regular salad dressing equals one serving; 1 Tbsp of a low-fat dressing equals one-half serving; 1 Tbsp of a fat-free dressing equals zero servings.

Abbreviations: oz = ounce; Tbsp = tablespoon; tsp = teaspoon

# What's on Your Plate and How Much Are You Moving?

Use this form to track your food and physical activity habits before you start on the DASH eating plan or to see how you're doing after a few weeks. To record more than 1 day, just copy the form. Total each day's food groups and compare what you ate with the DASH eating plan at your calorie level.

Date:			Number of Servings by DASH Food Group							
Food	Amount (serving size)	Sodium (mg)	Grains	Vegetables	Fruits	Milk products	Meats, fish, and poultry	Nuts, seeds, and legumes	Fats and oils	Sweets and added sugars
Example: whole wheat bread, with soft (tub) margarine	2 slices 2 tsp	299 52	2						2	
<b>Breakfast</b>										
<b>Lunch</b>										
<b>Dinner</b>										
<b>Snacks</b>										
<b>Day's Totals</b>										
2,000 calorie-level example: Compare yours with the DASH eating plan at your calorie level.		2,300 or 1,500 mg per day	6-8 per day	4-5 per day	4-5 per day	2-3 per day	6 or less per day	4-5 per week	2-3 per day	5 or less per week
Enter your calorie level and servings per day:										
<b>Physical Activity Log</b> Aim for at least 2 hours and 30 minutes of moderate-intensity physical activity per week. When your heart is beating noticeably faster, the activity is probably moderately intense.			30 min 5 min	Moderate walking Cleaning						
Record your minutes per day for each activity:		Time:	Type of activity:							

- Increase servings of vegetables, brown rice, whole wheat pasta, and cooked dry beans. Try casseroles and stir-fry dishes, which have less meat and more vegetables, grains, and dry beans.
- For snacks and desserts, use fruits or other foods low in saturated fat, *trans* fat, cholesterol, sodium, sugar, and calories—for example, unsalted rice cakes; unsalted nuts or seeds; raisins; graham crackers; fat-free, low-fat, or frozen yogurt; popcorn with no salt or butter added; or raw vegetables.
- Use fresh, frozen, or low-sodium canned vegetables and fruits.

## DASH Hints

- Be aware that the DASH eating plan has more servings of fruits, vegetables, and whole grain foods than you may be used to eating. These foods are high in fiber and may cause some bloating and diarrhea. To avoid these problems, gradually increase the amount of fruit, vegetables, and whole grain foods that you eat over several weeks.
- If you have trouble digesting milk products, try taking lactase-enzyme pills (available at drug stores and groceries) with milk products. Or buy lactose-free milk, which includes the lactase enzyme.
- If you don't like or are allergic to nuts, use seeds or legumes (cooked dried beans or peas).
- If you take medicines to control your high blood pressure, keep taking them. But tell your doctor that you are now eating the DASH way.

## Other Lifestyle Changes

Making other lifestyle changes while following the DASH eating plan is the best way to prevent and control high blood pressure.

**Lose Weight, If Necessary, While Following DASH**  
DASH is rich in lower-calorie foods, such as fruits and vegetables, so it easily can be changed to support weight loss. You can reduce calories even more by replacing higher calorie foods, such as sweets, with more fruits and vegetables. The best way to take off pounds is to do it slowly, over time, by getting more physical activity and eating fewer calories. To develop a weight-loss or weight-maintenance program that's tailored for you, talk to your doctor or a registered dietitian.

## Be Physically Active While Following the DASH Eating Plan

Combining DASH with a regular physical activity program, such as walking or swimming, will help you shed pounds and stay trim for the long term. Start with a simple 15-minute walk during your favorite time of day, and gradually increase the amount of time you are active. You can do an activity for 30 minutes at one time, or choose shorter periods of at least 10 minutes each. The important thing is to total at least 2 hours and 30 minutes per week of activities at a moderate intensity level. For more health benefits, gradually increase to 5 hours per week.

## Make the DASH for Life

DASH can help you prevent and control high blood pressure. It also can help you lose weight, if you need to. It meets your nutritional needs and has other health benefits for your heart. So get started today, and make the DASH for a healthy life.

## To Learn More

Contact the National Heart, Lung, and Blood Institute (NHLBI) for information on heart disease and heart health.

NHLBI Health Information Center  
P.O. Box 30105  
Bethesda, MD 20824-0105  
Phone: 301-592-8573  
TTY: 240-629-3255  
Fax: 301-592-8563

Also check out these heart health resources:

NHLBI Website: <http://www.nhlbi.nih.gov>

“Aim for a Healthy Weight”: [http://www.nhlbi.nih.gov/health/educational/lose\\_wt/index.htm](http://www.nhlbi.nih.gov/health/educational/lose_wt/index.htm)

DASH Health Topic: <https://www.nhlbi.nih.gov/health/health-topics/topics/dash>

“Dietary Guidelines for Americans 2010”: <http://www.health.gov/dietaryguidelines/>

NHLBI Delicious Heart Healthy Recipes: <https://healthyeating.nhlbi.nih.gov/>

# A Day With the DASH Eating Plan

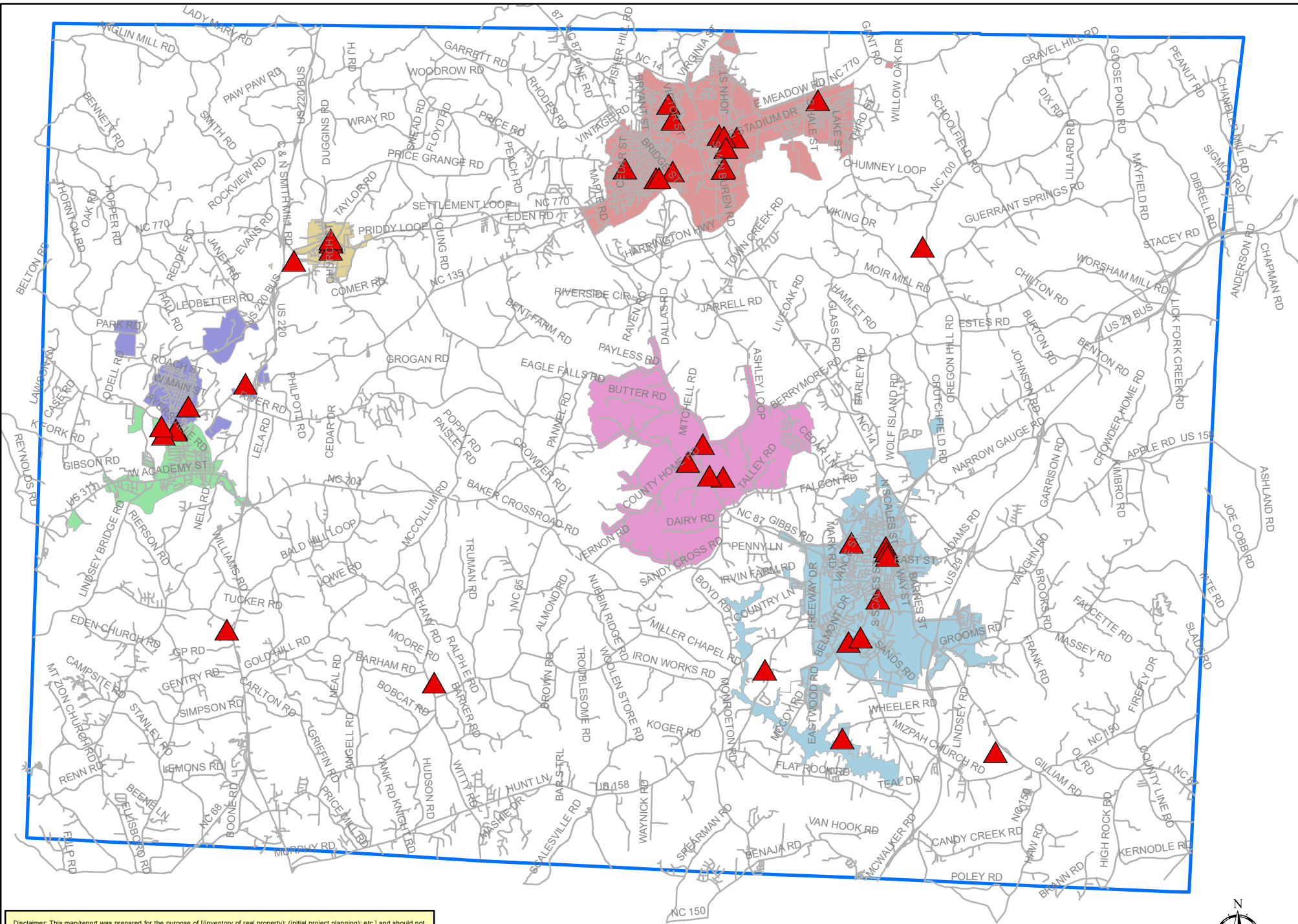
2,300 mg Sodium (Na) Menu	Substitution to Reduce Sodium to 1,500 mg
<b>Breakfast</b> ½ cup instant oatmeal 1 mini whole wheat bagel: 1 Tbsp peanut butter 1 medium banana 1 cup low-fat milk	½ cup regular oatmeal with 1 tsp cinnamon
<b>Lunch</b> Chicken breast sandwich: 2 slices (3 oz) chicken breast, skinless 2 slices whole wheat bread 1 slice (¾ oz) natural cheddar cheese, reduced-fat 1 large leaf romaine lettuce 2 slices tomato 1 Tbsp low-fat mayonnaise 1 cup cantaloupe chunks 1 cup apple juice	1 slice (¾ oz) natural Swiss cheese, low-sodium
<b>Dinner</b> 1 cup cooked spaghetti: ¾ cup low-salt vegetarian spaghetti sauce 3 Tbsp Parmesan cheese Spinach salad: 1 cup fresh spinach leaves ¼ cup fresh carrots, grated ¼ cup fresh mushrooms, sliced 1 Tbsp vinegar and oil dressing ½ cup corn, cooked from frozen ½ cup canned pears, juice pack	
<b>Snacks</b> ½ cup almonds, unsalted ¼ cup dried apricots 1 cup fruit yogurt, fat-free, no sugar added	

Nutrients Per Day	2,300 mg	1,500 mg
Calories	2,027	2,078
Total fat	64 g	68 g
Calories from fat	28%	30%
Saturated fat	13 g	16 g
Calories from saturated fat	6%	7%
Cholesterol	114 mg	129 mg
Sodium	2,035 mg	1,560 mg
Calcium	1,370 mg	1,334 mg
Magnesium	535 mg	542 mg
Potassium	4,715 mg	4,721 mg
Fiber	34 g	34 g

Abbreviations: mg = milligram; Tbsp = tablespoon;  
tsp = teaspoon; oz = ounce; g = gram



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Disclaimer: This map/report was prepared for the purpose of (inventory of real property); (initial project planning); etc.) and should not be used for any other purpose. The information contained herein was compiled from previously georeferenced data and/or public records, and these primary sources must be consulted for verification of the information contained in this map/report. This map/report is not intended to indicate the authoritative location of property boundaries, shape or contour of the earth, or fixed works. This map/report is not a survey and does not meet the minimum accuracy standards of a Land Information System/Geographic Information System Survey in North Carolina (21 NCAC 56.1608). Rockingham County shall not be liable for any errors in this data. This includes errors of omission, commission, errors concerning the content of the data, and relative and positional accuracy of the data.

Available Free Public Internet





<b>Location</b>	<b>Address</b>	<b>Wifi Availability</b>
Bethany Elementary	271 Bethany Road, Reidsville, NC 27320	Parking lot
Central Elementary	435 E Stadium Drive, Eden, NC 27288	Parking lot
Dillard Academy	810 Cure Drive, Madison, NC 27025	Parking lot
Douglass Elementary	408 Price Street, Eden, NC 27288	Parking lot
Eden City Hall	308 E. Stadium Drive, Eden, NC 27288	Parking lot and building
Eden Public Library	598 S. Pierce Street, Eden, NC 27288	Parking lot until 10:00 pm
Eden Public Library	598 S. Pierce Street, Eden, NC 27288	Inside the Library for schoolchildren and their caregivers to complete schoolwork 2-9pm M-F by appt.
Garden of Eden Senior Center	508 Orchard Dr. Eden, NC 27288	Parking lot
Grogan Park	308 E. Stadium Drive, Eden, NC 27288	Parking lot and Park area
Holmes Middle School	211 N Pierce St, Eden, NC 27288	Parking lot
Huntsville Elementary	2020 Sardis Church Rd, Madison, NC 27025	Parking lot
Lake Reidsville Campground	630 Water Works Road, Reidsville, NC 27320	Available in the Campground
Leaksville Downtown	Washington St Between Patrick St and Boone Rd	Washington St Between Patrick St and Boone Rd
Lincoln Elementary	2660 Oregon Hill Rd, Ruffin, NC 27326	Parking lot
Madison-Mayodan Public Library	611 Burton Street, Madison, NC 27025	Parking lot until 10:00 pm
Madison-Mayodan Public Library	611 Burton Street, Madison, NC 27025	Inside the Library for schoolchildren and their caregivers to complete schoolwork 2-9pm M-F by appt.
Madison-Mayodan Recreation Department	300 S. 2nd Avenue, Mayodan, NC 27027	Available inside Monday - Friday from 8:00 am - 5:00 pm, and Saturday from 8:00 am - 11:00 am. Wifi is also available around the facility.
Monroeton Elementary	8081 US-158, Reidsville, NC 27320	Parking lot
Morehead High	134 N Pierce St, Eden, NC 27288	Parking lot
Reidsville Downtown	Reidsville Downtown	Available within a 300 ft radius of the corner of each intersection
Reidsville High	1901 S Park Dr, Reidsville, NC 27320	Parking lot
Reidsville Market Square	303 S. Scales Street, Reidsville, NC 27320	Available within Market Square and parking lot.
Reidsville Public Library	204 W. Morehead Street, Reidsville, NC 27320	Parking lot until 10:00 pm
Reidsville Public Library	204 W. Morehead Street, Reidsville, NC 27320	Inside the Library for schoolchildren and their caregivers to complete schoolwork 2-9pm M-F by appt.
Rockingham County Governmental Center	371 NC 65, Reidsville, NC 27320	Parking lot until 10:00 pm
Rockingham County High	180 High School Rd, Reidsville, NC 27320	Parking lot
Rockingham County Middle	182 High School Rd, Reidsville, NC 27320	Parking lot
South End Elementary	1307 S Park Dr, Reidsville, NC 27320	Parking lot
Station 100 Fire Department	623 Henry St. Eden, NC 27288	Parking areas
Station 200 Fire Department	1431 Fieldcrest Rd. Eden, NC 27288	Parking areas
Station 300 Fire Department	554 Morgan Rd. Eden, NC 27288	Parking areas
Stoneville Elementary	203 Stone St, Stoneville, NC 27048	Parking lot
Stoneville Memorial Park	Priddy Loop, Stoneville NC 27048	Available in park.
Stoneville Public Library	201 E. Main Street, Stoneville, NC 27048	Parking lot until 10:00 pm
Stoneville Public Library	201 E. Main Street, Stoneville, NC 27048	Inside the Library for schoolchildren and their caregivers to complete schoolwork 2-9pm M-F by appt.
The SCORE Center	401 Moss St, Reidsville, NC 27320	Parking lot
Wentworth Elementary	8806 NC-87, Reidsville, NC 27320	Parking lot
Western Rockingham Middle	915 Ayersville Rd, Madison, NC 27025	Parking lot
Willamsburg Elementary	2830 NC-87, Reidsville, NC 27320	Parking lot
<b>LOCATIONS AND TIMES SUBJECT TO CHANGE</b>		

# Remote Monitoring in the Rock

## Participation Guidelines

### What are the participation requirements?



A patient will be required to meet a goal of obtaining **12 blood pressure readings over a 7-day period for 6 months**. The participant will have an option of selecting any day of the week combination of their choice by FIRST selecting one (1) of the choices below.

### Choices/Selection of Days for BP Monitoring and Weight Check



(Participant should choose (one) 1 of the following:

1. Monitor BP for **3 days** with 1 weight check for each week  
*(Paired reading should be 2 times a day for 3 days =12 readings)*
2. Monitor BP for **4 days** with 1 weight check for each week  
*(Paired reading should be 2 times a day for 2 days AND 1 time a day for 2 days =12 readings)*
3. Monitor BP for **6 days** with 1 weight check for each week  
*(Paired reading should be 1 time a day over 6 days =12 readings)*

### What is the length of time the participant needs to maintain BP monitoring and weight check requirements?



Participant should maintain target BP GOAL (135/85 OR 145/85) received during onboarding/enrollment day by obtaining 12 readings/week for 3 months

If patient is STABLE (refer to definition) after 3 months, the participant could be allowed to obtain 1 paired blood pressure reading with 1 weight check over the next 3 months

### What is the timeline for non-compliance of participation?



1. Verbal Counseling (After Week 2 of onboarding/enrollment day)
2. Repeat verbal warning with 30-day probation (After Week 4 of providing verbal counseling)
3. Written notification to include next steps of discharge with lack of participation (After Week 6 of continued non-compliance)
4. Discharge from program (Participant should return ALL equipment)

### What are the Graduation requirements?



Graduation from the program is when the patient blood pressure is STABLE or in MAINTENANCE for 6-months. The participant will be able to keep all equipment and may OPT to stay in the program per discussion with the health coach.

### Will there be follow-up after graduation?



We recommend that there is a 6-week, 3-months, and 6-month post-graduation follow-up.