

## Role Description: *Participant*

### **Position Summary:**

The Participant will be asked to enroll in an online health data resource provided by the American Heart Association or use a company/organization tool. They can choose to share their blood pressure readings with a Volunteer Health Mentor or Champion who has been trained by the AHA on the Check. Change. *Control.*® Program. The Participant can receive communications directly from their Volunteer Health Mentor on their success in the program including successfully uploading their blood pressure readings. This communication may occur face to face, on the phone or through electronic communication, such as email.

### **Role & Responsibilities:**

The Participant must:

- Participate in the Check. Change. *Control.* program by enrolling in an online health data tracking tool
- Take a blood pressure reading ideally each week but at least 2X a month for 4 consecutive months
- Enter the blood pressure reading into an online data tracking tool using a computer or text message (for the **Check. Change. *Control.*® Tracker**)
- Meet with the Volunteer Health Mentor/Champion that the Participant has agreed to share their blood pressure readings with or keep in touch by email or phone reminders to update their progress

### **Connection with a Volunteer Health Mentor or Champion:**

The organization may provide a Volunteer Health Mentor or Champion to help participants through the program. In working with the Volunteer Health Mentor, the participant can choose to share their personal health data if they are using AHA's online health data tracking tools. They can connect with a Volunteer by using a Volunteer's code that has been supplied to them or by email. The Volunteer will be the primary contact person.

### **Data Privacy Obligations:**

If the Participant is enrolled in one of the AHA's online tracking tools, the Participant can choose to allow the Volunteer Health Mentor or Champion access to the Participant's blood pressure, physical activity and weight data and advise the Participant about the data.

However, it is possible that other data entered in the online tracking tool by the Participant may be visible to the Volunteer. The Volunteer is obligated to protect the privacy of any of the Participant's data that the Volunteer may see. Therefore, the Volunteer may not disclose any such data to anyone other than the Participant, and must promptly advise the Participant if any of the Participant's data is accidentally disclosed to a third party.