

AHA/ASA Check. Change. Control.® Program

Volunteer Health Mentor Checklist

Timeline

Check. Change. Control. is a 4 month program for participants to track their blood pressure each week or at a minimum once, every two weeks. The goal is a minimum total of 8 blood pressure readings.

BP schedule	
1 st Month	BP #1
	BP #2
2 nd Month	BP #3
	BP #4
3 rd Month	BP #5
	BP #6
4 th Month	BP #7
	BP #8

Keys to successful mentoring:

- Reinforce how important it is to monitor your blood pressure
- Always be positive
- Acknowledge participation
- Be a good role model
- Be a good listener

Your Communication Plan

To be successful in meeting the goals of the **Check. Change. Control.** program, it's important to get the participants you're mentoring to upload a blood pressure reading on a weekly basis, or at a minimum once every two weeks. The following plan will help you map out a communication plan with your participants.

2 Week Cycle:

- **Beginning of week 1**, send message via online tracker to participant, with any announcements, or updates and a reminder to upload their blood pressure reading by the end of the next week.
- **Beginning of week 2**, send a short reminder via online tracker to upload blood pressure by the end of the week.
- **At the end of the 2nd week:**
 - If the blood pressure reading was uploaded, send message thanking the participant for uploading the reading
 - If the blood pressure reading was not uploaded, ask the participant to upload the reading as soon as possible.
 - If the blood pressure reading is not entered by the beginning of the next week, call the participant and ask them to submit the reading and find out if there is a barrier (computer access, time management, not able to get blood pressure measured, motivation, etc.)
 - If the blood pressure reading is still not uploaded, ask the participant for a face to face meeting.
 - *Once the blood pressure is uploaded, be sure to acknowledge it and thank them for their participation.*