

# Digital Hypertension Management Solutions

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## Background on PHTI's Report on Digital Hypertension Management Solutions

Hypertension, also known as high blood pressure, affects nearly half of all adults in the United States. It is a chronic condition that gets worse over time if left untreated. Hypertension increases the risks of deadly diseases, such as heart disease, stroke, and kidney failure. Many people do not know they have it or how serious their risks are because most people cannot feel the effects of high blood pressure on a day-to-day basis.

Because blood pressure is dynamic and can change frequently, no single reading is enough to monitor ongoing hypertension treatment. Patients with high blood pressure are often asked to use a blood pressure monitor at home to record readings regularly and share with their physician.

Some companies now offer digital hypertension management solutions that can help patients manage their condition. These solutions use a digital blood pressure cuff to automatically transmit blood pressure readings to doctors or to provide suggestions to patients on how to better manage the condition. Some of these solutions include care teams who help doctors to manage patients' blood pressure medications and treatment plans.

The Peterson Health Technology Institute (PHTI) — an independent nonprofit organization that conducts rigorous, evidence-based assessments of digital health tools — evaluated 11 of these digital hypertension management solutions to understand how well they work. For this assessment, PHTI looked at the research and spoke with doctors, patients, and the companies that make these solutions. Past PHTI assessments have examined solutions for musculoskeletal conditions and type 2 diabetes.

## What PHTI Found

PHTI identified three different approaches to digital hypertension care: 1) providing patients' blood pressure data to their doctor, 2) assisting their doctor with prescribing and managing medication, and 3) providing individualized disease management recommendations directly to patients.

- 1** Digital solutions that include healthcare providers who help oversee medication management are the most effective in reducing patients' blood pressure quickly.
- 2** The best opportunity to optimize digital hypertension management may be a combined approach that includes monitoring, medication management, and patient education.
- 3** Patient education and coaching may help close access and equity gaps in traditional care models.

## What It Means for You

At-home blood pressure monitoring is an important component of managing your high blood pressure. Digital tools may be an effective way to help you better understand and monitor your condition, see trends in your blood pressure readings, and simplify sharing those readings with your physician.

For many patients, medications are a critical component of blood pressure management. Physicians must closely monitor how the medications you take are working in your body and adjust their number and dosage as appropriate. Providing your doctor with additional data from at-home blood pressure readings can help them better oversee the management of your blood pressure medications.

Solutions that provide support to your doctor in managing your medications can be particularly beneficial, especially if you do not see or interact with a physician regularly or have trouble getting to the doctor.

You can also share [PHTI's research](#) with your doctor to help them understand which solution may be the best option for you.

## Costs

If your doctor recommends or prescribes a digital hypertension management program, you may be able to access it through your employer or health plan. It may be free or require an insurance copayment, depending on the benefit design. The solutions typically provide the blood pressure monitor.

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## Accessing PHTI's Full Report

You can access the full report [here](#).

