

## Focused Health Solutions

# Hypertension

Focused Health Solutions' Hypertension Program is an invaluable resource designed to help individuals who have been diagnosed with hypertension. Our clinical team assists participants through high-touch interventions that are proven effective and measurable in better management of hypertension.

Focused Health Solutions, through enhanced education and personalized coaching, assists in minimizing complications and provides much-needed education and answers. Information provided to individuals for support is based on nationally accepted evidence-based practice guidelines and literature.

## Hypertension Facts

- According to recent estimates, about one in three U.S. adults has high blood pressure
- Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure or kidney failure
- It was estimated that in 2006, the direct and indirect costs of high blood pressure was \$63.5 billion

Source: American Heart Association.

## Who Benefits

Focused Health Solutions' Hypertension Program is designed to help adults better manage their high blood pressure. Participants enrolled in the Hypertension Program will:

- Better understand their physician's recommended medical treatment
- Learn to monitor their own blood pressure at work and home
- Learn about nutrition, portion control and exercise
- Understand how to reduce salt intake from their diet
- Understand how high blood pressure leads to other chronic illnesses



## About Us

Focused Health Solutions is a leading national provider of customized population health management services. Founded in 1999, the Deerfield, IL based company boasts a senior management team with over 100 years of collective experience in the healthcare industry and a blue chip customer base. FHS combines innovative data analysis, condition-specific clinical pathways, proprietary telehealth technology, Health Risk Assessments, and deep clinical expertise to reduce healthcare costs and improve health. The FHS population health management model integrates sophisticated systems and experienced personnel to produce quantifiable clinical and economic benefits for its program participants and clients. Focused Health Solutions is a member of DMAA, NCQA, HERO and MVA. For more information, visit [www.focusedhealthsolutions.com](http://www.focusedhealthsolutions.com).





## What FHS Participants Say

Those individuals who enrolled in the Focused Health Solutions' Hypertension Program stated:

- Ability to track and manage fluctuations in their blood pressure
- Reduction in medical costs because of fewer hypertension-related emergency room visits and hospital stays
- Enhanced knowledge about medications and controlling side effects
- Higher commitment level to an exercise program and dedication to a low-salt, low-fat diet
- Overall 90% satisfaction rating for the Focused Health Solutions' Hypertension Program

## Unparalleled Technology

Focused Health Solutions is dedicated to providing clients with quality programs that drive measurable cost savings. Our recent investment into our exclusive Focus Information Tracker (FIT) technology platform assists us in documenting and reporting clinical and financial performance improvements that are the result of active participant engagement and leading practice nurse interventions. Focused Health Solutions also has the ability to leverage our technology and determine those individuals best suited for our programs.

*For more information about the Hypertension Program provided by Focused Health Solutions, call 847 282 8000 and request Corporate Sales or send an email request to [LearnMore@FocusedHS.com](mailto:LearnMore@FocusedHS.com)*

*The information is provided for information only. This information does not constitute medical advice and it should not be relied upon as such. Focused Health Solutions does not engage in the practice of medicine. Focused Health Solutions, under no circumstances, recommends particular treatments for specific individuals and, in all cases, recommends that you consult your physician before pursuing any course of treatment.*

