

Attachment 1h

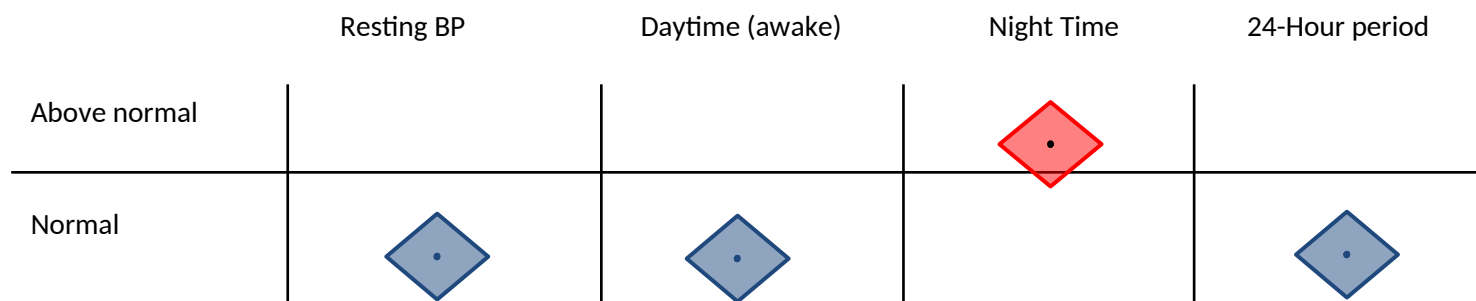
Ambulatory Blood Pressure Monitoring Feasibility Study

Example Report of Findings

NAME _____

DATE ____/____/____

| Resting BP | Day | Night | 24-hour |
|------------------------|-------------|-------------|-------------|
| Reference: <120/80mmHg | <135/85mmHg | <120/70mmHg | <130/80mmHg |
| Results: 118/78 mmHg | 128/82 mmHg | 142/90 mmHg | 120/74mmHg |



Average Resting BP

Your resting blood pressure is [normal]. We suggest you see your doctor within the next year to have your blood pressure rechecked.

Your resting blood pressure is [above normal/ high/ very high/ severely high]. We suggest you see your doctor within the < next six months/ next two months/ next two weeks/ today> to have your blood pressure rechecked.

The average resting blood pressure value is based on the Seventh Report of the Joint National Committee on the Prevention, Detection, Evaluation, and Treatment of High Blood Pressure. NIH Publication, 2003 and the American Heart Association.

Average day time BP

- Your average day time ambulatory blood pressure measurement results are within the normal range.
- Your average day time ambulatory blood pressure measurement results are above normal range. We suggest you see your doctor to have your blood pressure rechecked.

Average night time BP

- Your average night time ambulatory blood pressure measurement results are within the normal range.
- Your average night time ambulatory blood pressure measurement results are above normal range. We suggest you see your doctor to have your blood pressure rechecked.

Average 24-hour BP

- Your average 24-hour ambulatory blood pressure measurement results are within the normal range.
- Your average 24-hour ambulatory blood pressure measurement results are above normal range. We suggest you see your doctor to have your blood pressure rechecked.

Normal and abnormal Ambulatory Blood Pressure values were based on the following source: Hypertension. 2013; 62: 988-994 Published online before print September 23, 2013, doi: 10.1161/HYPERTENSIONAHA.113.02148

Please note that resting blood pressure and ambulatory blood pressure have different normal evaluation thresholds. Recommended reference values for ambulatory blood pressure are not the same as the reference value for resting blood pressure.

Should your physician/medical care organization have any questions, they can contact the physician at the National Center for Health Statistics. Dr. Duong Nguyen may be contacted Monday through Friday 9 a.m. to 5 p.m. Eastern Standard Time. The toll-free number is 1-800-452-6115.

These measurements were obtained as part of a feasibility study and do not represent a medical diagnosis. Interpretation of these measurements must be made by a physician.

*Report of Findings for Resting Blood Pressure

These measurements were obtained as part of a study and do not represent a medical diagnosis. Interpretation of these measurements must be made by a physician.

On <Date of Examination>, <Participant Name > had their blood pressure taken for a blood pressure monitoring feasibility study conducted by the National Center for Health Statistics.

Average Blood Pressure

| Your average measurement | | Normal |
|---------------------------|------------|--------|
| Systolic Blood Pressure: | _____mm Hg | < 120 |
| Diastolic Blood Pressure: | _____mm Hg | < 80 |

Your blood pressure today is severely high. We **strongly encourage** that a physician see you today. We can make this referral for you now. In addition, you should see your doctor as soon as possible to have your high blood pressure treated. Because your average blood pressure reading was 180/110 or higher, you will not be able to participate in this study.

*Participant is excluded from the study and no additional report of findings will be given to the participant.