



MYGROUPHEALTH: A PATIENT PORTAL IN SEATTLE

Million Hearts™—Success in Blood Pressure Control

FAST FACTS

Location: Seattle, Washington

Innovations: MyGroupHealth Web portal for patients taking medication for high blood pressure, plus home-based monitoring and access to professional advice.

Improvement: More than half of the patients who received the greatest support brought their high blood pressure under control.

DEMONSTRATED RESULTS

In 2005, nearly 800 patients (150 severe cases) started using MyGroupHealth, a Web portal managed by the Group Health Cooperative. One-third of the patients received access to treatment (Group 1). Another third received training on how to use the portal and were given monitors for measuring their blood pressure at home (Group 2). The third group, in addition to using the portal and monitoring their blood pressure, consulted regularly with a pharmacist about their plans for addressing high blood pressure (Group 3). After one year, the following results were recorded:

| | Group 1 | Group 2 | Group 3 |
|---|-----------------|-----------------|-----------------|
| HBP under control | 31% | 36% | 56% |
| Lower blood pressure (average) | Down 5.3 mm/Hg | Down 8.2 mm/Hg | Down 14.2 mm/Hg |
| Lower blood pressure (severe cases only) | Down 14.4 mm/Hg | Down 17.8 mm/Hg | Down 27.6 mm/Hg |

INNOVATIVE APPROACH

The Group Health Cooperative offers health care to nearly 600,000 residents of Washington and Idaho. To keep participants' blood pressure under control, the cooperative deployed an interactive patient portal with three key elements: education and training, home monitoring of blood pressure, and consultation with pharmacists to review blood pressure readings and adjust therapy as needed.

For details about the program, go to: <http://www.innovations.ahrq.gov/content.aspx?id=2318>