

Keck Medicine of USC

BEYOND EXCEPTIONAL MEDICINE™



USC PREMIER CARE Hypertension Program

Your USC Premier Care team will help you and your family navigate your healthcare to improve your high blood pressure, also called hypertension.

This program is available to USC Trojan Care EPO and USC PPO patients and families and is free of charge.

Many people with hypertension do not have any symptoms, but that doesn't mean you can ignore it. High blood pressure, even without symptoms, increases your risk of serious health problems including heart attack or stroke. Blood pressure screening is an important part of your preventive health care.

The USC Premier Care team, in partnership with your USC primary care physician, pharmacist and occupational therapist, will help you get your blood pressure under control. Controlling your blood pressure will help you get healthy and reduce your risk of developing serious health conditions including heart failure, stroke and kidney disease.

Our team will contact you at the request of your primary care or specialty care physician. You may also call us for information **Monday through Friday, 8 a.m.–5 p.m.** at **(833) SC NURSE** or **(833-726-8773)**. You also can email us at USCPremierCare@med.usc.edu.

Team members called navigators can help you schedule appointments with Keck providers at any of our Keck locations. To schedule an appointment, call (833) KECK USC (833-532-5872).

Hypertension team services include:

- **USC Premier Care team:** We will help you determine the next steps for your care. Our goal is to make managing your blood pressure easier, more convenient and more personal for you. Do you want your family involved? We will work with them, too.
- **Scheduling:** We schedule the first visit, for pharmacy and occupational therapy consultations, in person. Follow-up visits can be either in person or via telehealth. Copays apply based on your health plan benefits.
- **Medication Management:** Our pharmacists will help you understand your medications and how to take them properly. Medication changes will be made in collaboration with your physician. Regular follow-up will be provided to ensure you safely reach and maintain your blood pressure goal.
- **Occupational Therapy:** Our therapists will support you in creating healthy habits and routines to manage your blood pressure. Individualized coaching can help you take control of your health through weight loss, smoking cessation or stress reduction.
- **Health Education:** We will answer your questions to help you understand how to improve your blood pressure and overall health.

Your Team Members:

- Primary care physician and clinic staff
- Clinical pharmacist
- Occupational therapist
- USC Premier Care team