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Results of a Remotely Delivered Hypertension and Lipid Program in More Than 10 000 Patients Across a Diverse Health Care Network

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Quick Takes:

Question Does an entirely remote hypertension and hypercholesterolemia program implemented across a large diverse health network help ensure equal access to care?

Findings In this cohort study including 10803 patients with blood pressure and/or cholesterol levels above guideline-recommended targets, remote medication titration management was significantly associated with decreased blood pressure and low-density lipoprotein cholesterol compared with education only. Similar rates of enrollment and reductions in blood pressure and low-density lipoprotein cholesterol were observed across different racial, ethnic, and primary language groups.

Meaning These results highlight that multiple diverse populations may be treated effectively with digitally enabled remote care programs.

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