

# M E T A S T A R

Higher quality. Healthier lives.

## Elearning Opportunities Available

MetaStar now offers elearning modules for short, interactive learning opportunities that can be completed online at your convenience. To view our library of elearning modules, visit [www.metastar.com/elearning](http://www.metastar.com/elearning).

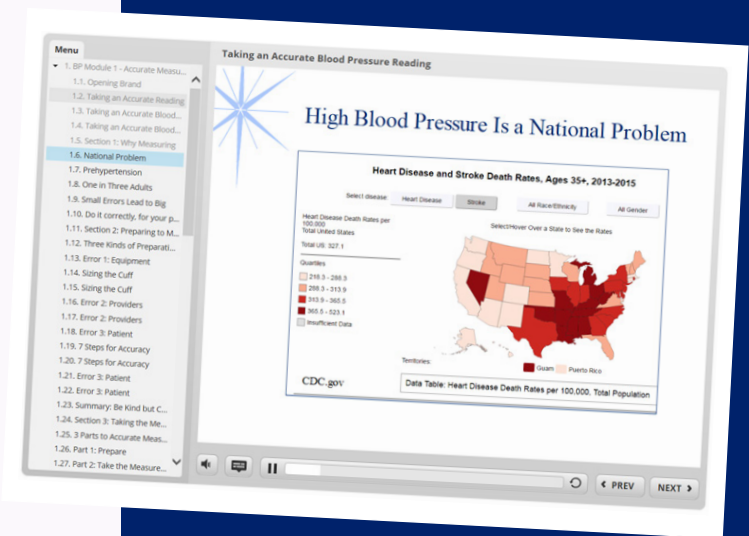
The following elearning modules have recently been published:

### Taking an Accurate Blood Pressure Reading

This 35 minute elearning module provides an overview of proper blood pressure (BP) measurement technique for ambulatory patients using evidence-based research. This module is intended for health care professionals in an ambulatory or community-based setting that take BP measurements for adult patients (18 years and older). Ideally, this module is used as part of a course that includes a skills-based competency check with an experienced trainer. It also serves as a valuable refresher course training for already experienced professionals.

### Patient Self-Measurement of Blood Pressure

This 35 minute elearning module provides an overview of proper patient education in self-measurement of blood pressure (SMBP) for ambulatory patients using evidence-based research. This module is intended for health care professionals in an ambulatory or community-based setting that teach adult patients (18 years and older) to self-measure their blood pressure.



### Mission

To effect positive change in health and health care.

### Vision

Optimal health for all.

[www.metastar.com](http://www.metastar.com) • 800-362-2320

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