Possible Benefits to Patients

- Information on how to manage diabetes and high blood pressure
- Information on how to engage in self-management
- Become involved in shared decision-making and goal setting with doctor
- Education on diabetes and healthy lifestyle
- Intervention may lead to better BP, blood sugar control, medication adherence, and improved satisfaction in care

Call to:

- Register
- Ask Questions
- Contact research assistants in GAP office with doctor’s appointment times
- Report a problem

Office-GAP/CareSmarts
Contact information
MSU Clinical Center GAP
Office B416
(517) 355-4477

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Office-GAP and CareSmarts Study
Using Cell Phones and Patient Engagement to Improve Heart and Diabetes Care

Michigan State University Internal Medicine Clinic
804 Service Road A225, East Lansing, MI 48824
517.353.4941
What will participants receive?
• $50 upon completing study
• Blood Pressure Monitoring Kit for duration of study
• Educational tips and cell phone reminders about BP, blood sugar, medication, and healthy lifestyle
• Appointment reminders before and day of appointment from the GAP office

Who is eligible to participate?
• Age 18 or older
• Receive primary care at MSU Internal Medicine Clinic
• Diagnosed with diabetes and uncontrolled hypertension
• Speak English fluently
• Be able to provide informed consent

What will you do in the study?
• Meet with the research team for an educational group visit about Office-GAP/CareSmarts and diabetes
• Meet with the research team at 1st and 2nd follow-up to continue and complete the program
• Keep track of medication, blood pressure, and blood sugar
• Receive and respond to text/alerts sent by CareSmarts/Office-GAP

How will this study help you?
• Help patients with diabetes manage medications and control blood pressure
• Improve self-care between office visits
• Improve BP and blood sugar control