



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

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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,
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CareSmarts & Office-GAP: Cell phones & Patient Engagement to Improve Heart and Diabetic Care

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

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 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

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

