Sana
LIFESTYLE

Dear Clinician,

Your patient has asked to join the Sana Heart Health Program — our free pilot for adults with high blood pressure.

- **What is it?** A lifestyle program that focuses on *how* to build habits that last.
- **Why it matters.** Many clinicians know better lifestyle habits would help their patients, but find patients struggle to put them in place and keep them.
- **How it works.** You decide which lifestyle changes your patient should make; we support the day-to-day work of building them. This does not delegate care — your patient stays your patient, and you take on no liability for the program. If you'd like, we'll give you secure access to a monthly progress report.
- **What's included.** Individual coaching, group webinars, a tracking app, and optional community support — following the 2025 American Heart Association / ACC hypertension guidelines and adapted to your instructions. The full protocol and the exact guidelines are at **sanalifestyle.com/physicians**.

All we ask is that you complete the attached instruction sheet — about a minute — so we leave out any lifestyle changes that aren't right for your patient.

If you have any questions, please don't hesitate to reach out.

With thanks,
Miriam Claes
Co-CEO, Sana Lifestyle
miriam@sanalifestyle.com

Sana Heart Health Program instructions
Based on the 2025 AHA hypertension guidelines

Patient sign-up
scan, or go to sanalifestyle.com/start · code PILOT

Copy your physician's instructions into the digital form, or upload a photo of this page

PATIENT LEGAL NAME

First name _____

Last name _____

Not suitable if

- BP is 180/120 or higher today
- pregnant or planning pregnancy
- blood pressure swings widely (labile)
- any condition that makes the standard AHA targets unsafe

PLAN

Target BP — below _____/_____
if left blank, AHA guideline of 130/80 is used

BP medicine, times per day: ☐ 0 ☐ 1 ☐ 2 ☐ 3
☐ More than 3 — how many a day? _____

Escalation threshold — alert if BP reaches _____/_____
if left blank, AHA guideline of 180/120 is used

PHYSICIAN

First name _____
Last name _____
Signature _____ Date _____

By signing, I confirm this patient is suitable and this plan is my direction.

☐ **Keep me informed about this patient.**
Email me when their monthly progress report is ready, and when they record a reading at or above the escalation threshold set above. Reports open in a secure Sana account. Patient information is never sent by email.

Your email _____

The change — what to aim for	Impact & limits — avg. drop in systolic BP, mm Hg	Your physician's plan (leave blank to include)
WEIGHT		
Lose weight If above ideal weight, lose at least 5%.	6–8 **Not** if underweight, frail, or losing weight unintentionally.	☐ exclude Comment: _____ Target weight _____ lb / kg (circle unit) · if left blank, AHA target of 5% loss is used
FOOD & DRINK		
DASH diet (plant-rich) More veg, fruit, nuts, whole grains; less sugar & processed.	5–8 **Allergies:** ☐ nuts ☐ (shell)fish ☐ dairy ☐ gluten ☐ soy ☐ legumes	☐ exclude Comment: _____
Less salt Under 2,300 mg sodium a day — under 1,500 is better.	6–8 **Not** if the patient is on lithium — lithium needs a steady salt intake.	☐ exclude Comment: _____
Salt substitute Swap ordinary salt for a potassium salt substitute.	5–7 **Not** in chronic kidney disease (any stage) or hyperkalemia.	☐ exclude Comment: _____
More potassium 3,500–5,000 mg a day from food — leafy greens, beans, potatoes.	6 **Not** in chronic kidney disease (any stage) or hyperkalemia. **WARFARIN** ☐ keep vitamin K (leafy greens) steady, do not increase.	☐ exclude Comment: _____
Less alcohol None is best. Else max 2/day (men), 1/day (women).	4–6	☐ exclude Comment: _____
EXERCISE		
Cardio (Aerobic) Brisk walking, cycling, swimming. 90–150 min a week.	4–8 **Not safe at the standard target?** Tick exclude to drop it, or keep it with no weekly target.	☐ exclude Comment: _____ ☐ Include, no weekly target Comment: _____
Strength (Resistance) Weights, bands or body-weight moves. 90–150 min a week.	2–7 **Not safe at the standard target?** Tick exclude to drop it, or keep it with no weekly target.	☐ exclude Comment: _____ ☐ Include, no weekly target Comment: _____
Isometric Handgrip 4 × 2 min, 3× a week. No gym needed.	5–10 **Not** while a BP reading is 180/120 or higher.	☐ exclude Comment: _____
STRESS		
Meditation Transcendental meditation — two 20-min sessions a day.	5–7	☐ exclude Comment: _____
Slow breathing Device-guided, under 10 breaths a minute, 15 min a day.	5	☐ exclude Comment: _____

Impact = avg. drop in systolic BP, mm Hg in adults **who already have hypertension** — across many people, measured differently, not directly comparable (2025 AHA/ACC, Table 12). The guideline lists **smaller** reductions for people who do not yet have hypertension. **Physician:** tick **exclude** to switch a change off.