

PRESSURE-30: Remote Blood Pressure Monitoring in Adults with Hypertension

Sponsor: Huron Valley Cardiometabolic Research Group · IRB-HV-2026-0441

Study title	Study title: PRESSURE-30 · Hypertension remote monitoring
Condition	Condition: Essential hypertension
Design	Phase II, randomized, open-label, 24-week study
Location	Location: Ann Arbor, MI · Hybrid (2 site visits + remote)
Enrollment	Target enrollment of 180 participants across two sites

1. Summary

Summary: Tests whether connected home blood pressure cuffs with weekly coordinator check-ins improve control in hypertension with early glucose dysregulation.

2. Inclusion Criteria

1. Adults aged 30 years or older at screening
2. Documented diagnosis of essential hypertension in the medical record
3. Fasting blood glucose ≥ 100 mg/dL within the last 12 months
4. Owns a smartphone able to pair with a Bluetooth cuff
5. Able to attend two in-person visits in Ann Arbor

3. Exclusion Criteria

1. Secondary hypertension of known cause
2. Type 1 diabetes
3. Stage 4 or 5 chronic kidney disease, or eGFR below 30
4. Pregnancy or planned pregnancy during the study window
5. Hospitalization for a cardiovascular event in the past 90 days

4. Study Procedures

Participants take twice-daily home readings. Coordinators review readings weekly and escalate to the study physician per the safety plan in Appendix B.

5. Contact

Study coordinator: pressure30@innopair.health