CARDS® feedback on the overall page design of MyHEART’s homepage; (Current/updated MyHEART home page: http://www.MyHeartMyChoice.org)

The social media icons on the side showed up for some and not for others, but on some screens, it made the text difficult to see clearly. Recommendation: put these icons on the bottom of the page so they do not interfere.

Welcome to MyHEART

Helping young adults learn more about high blood pressure

MyHEART stands for the My Hypertension Education and Behaviors Target program. Our goal is to share information with young adults to help them live a healthier life, lower their blood pressure, and prevent heart disease. MyHEART was created with young adults and healthcare team members to address a broad range of topics. We welcome everyone to share this information with their family, friends, and other important people in their lives.

Overall, the site was appealing to many. However, some were unsure how to orient themselves on the page or were unsure what these sections meant. Recommendation: move the “Welcome to MyHEART” section to the top so site users understand what information this site includes.
CARDS® feedback on the design of an educational page; (Current/updated “How is high blood pressure treated?” page: http://myheartmychoice.org/HighBPTreatment)

Usability and Searching

Q4: Find information about treatment for high blood pressure.

This information was difficult to find. Using the search did not yield results for some CARDS, and others got links to external sites (but not the page on the site itself). Search term “high blood pressure treatment” did not yield this page as a result. Recommendation: add this page result to searches for this term, along with the term “treatment”.

How is high blood pressure treated?

A healthy lifestyle is very important to lower blood pressure. For some people, healthy choices such as a low salt diet, regular exercise, and/or losing weight can lower blood pressure as much as a medication. (See Healthy Choices You Can Make.)

Many adults, including young adults, need blood pressure medication, or in addition to a healthy lifestyle to lower blood pressure.

See here for a downloadable list of questions you can ask your doctor about blood pressure medication. (This file is open in PDF format. You can download a free PDF reader here.)

Continuing a healthy lifestyle, even with medication, will lower the amount of medication you may need now and in the future. Weight loss can increase the amount of medication you need over time. Work with your healthcare provider to develop a plan to lower your blood pressure that works for you.

Some CARDS actively disliked the image. To some, the man seemed unhappy. Others were turned off from reading the page because the idea of taking medication is not appealing to them. Some also felt it made it seem like medication was the only treatment. Recommendations: Change the image to something that reflects the other types of treatment available.