FIRST VISIT WITH PHCU PHYSICIAN
Physician identifies HTN patients with the following criteria: age, Prochaska’s stages, current PA level < 20 minutes PA per day, < 5 years of HTN diagnosis. Then, will refer them to module installed in the same PHCU, a trained nurse will assign the following appointment.

FIRST VISIT WITH CLINICAL RESEARCH COORDINATOR
Trained staff confirms study inclusion criteria (age, Prochaska’s stages, current PA level, < 5 years of HTN diagnosis). If criteria met, a blood sample is scheduled to determine biochemical markers.

SECOND VISIT WITH CLINICAL RESEARCH COORDINATOR
EVALUATION AND CORROBORATION OF STUDY INCLUSION CRITERIA
- Age between 35-70 years old.
- Blood pressure levels: systolic < 160/ diastolic < 100 mm/Hg or without drug therapy.
- Prochaska’s stages: Contemplation, preparation or action stages (if patient does not meet PA recommendation)
  Physical Activity Readiness Questionnaire - PAR-Q: All questions with negative answer.
  Moderate level of cardiovascular risk stratification, according to the Guidelines for exercise testing and prescription of the American College of Sports Medicine (ACSM).
- Does not meet PA recommendations (< 150 minutes of PA/week of moderate-to- vigorous intensity).
- Biochemical markers: total cholesterol ≤ 240 mg/dL, fasting glucose level ≤ 126 mg/dL, triglycerides ≤ 150 mg/dL.
- Body Mass Index: < 35
- Without mobility problems that impede walking and exercise

THIRD VISIT WITH CLINICAL RESEARCH COORDINATOR
- If patient meets study criteria, informed consent is obtained
- Patients who agree to participate in the study: baseline questionnaire and accelerometer are provided to objectively quantify current PA levels.

Do not meet criteria, Patient is thanked and general PA recommendations are provided
Do not meet criteria, Patient is thanked and general PA recommendations are provided
Do not agree to participate, Patient is thanked and general PA recommendations are provided

HTN: Hypertension; PA: Physical activity; PHCU: Primary Health Care Unit.