

OK SHIP Cardiovascular Disease (CVD) Workgroup

January 14, 2026

9:00 AM – 10:00 AM

Facilitator(s): Leslie DeHart, OSDH Lead Tobacco Control Coordinator, Heart Disease Prevention Coordinator

Introduction and Welcome

The January CVD SHIP meeting featured a guest presentation from Meg Busteed with ABLE Tech, housed at Oklahoma State University.

Spotlight from the Field: ABLE Tech

Presenter: Meg Busteed

Contact: meg.busteed@okstate.edu

Overview:

ABLE Tech provides Oklahomans with access to durable medical equipment (DME) to support independence, mobility, and health. (Attachments on pgs 04 – 05).

Key Discussion Points & Clarifications:

- **Eligibility:**
 - Equipment is available to all Oklahoma residents.
 - There are no income requirements.
 - Medicaid members, including SoonerCare and SoonerSelect contracted entities, are prioritized for access.
- **Access for Individuals Without Stable Housing:**
 - Requests are handled on a case-by-case basis.
 - ABLE Tech works with partners such as the Homeless Alliance and primary care organizations to determine how equipment can be delivered safely and effectively.

- **Application & Documentation:**

- Additional documentation is being developed.
- Mobility evaluations and specific screening questions may be required to ensure equipment is used safely and appropriately.

- **Donations:**

- A donation informational flyer can be found on pg 06.

Meg Busteed thanked participants and invited follow-up questions or requests.

Stakeholder Announcements

Activate Oklahoma – Mitch Drummond

- Activate Oklahoma is conducting research to understand how Oklahomans find and use online resources related to active lifestyles.
 - This work is supported by a TSET Discovery Grant.
 - Oklahoma residents are encouraged to complete a short survey:
<https://bit.ly/47ZbjC7>
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American Heart Association – Megan Charlot

- Blood pressure devices are available in Tulsa County.
 - Devices may be used by clinical or community organizations to implement:
 - Community blood pressure stations, and/or
 - Self-measured blood pressure programs.
 - Contact: Megan.Charlot@heart.org
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Healthy Heart Ambassador Blood Pressure Self-Monitoring Program

- Rogers County Health Department will be launching a Free Healthy Heart Ambassador Blood Pressure Self-Monitoring Program in February.
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- Program will also be offered in Caddo and Comanche Counties.
 - Additional information found on pgs 07 – 09.
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Closing and Reminders

- Attendees are encouraged to suggest spotlights for upcoming OK SHIP CVD meetings.
- Please contact the OK SHIP team with questions or to volunteer for future presentations.

ABLE Tech General Information

Main website: <https://www.okabletech.org/>

Oklahoma ABLE Tech is funded through the Administration for Community Living of the U.S. Department of Health and Human Services, made possible through the Assistive Technology (AT) Act of 1998, as reauthorized in 2022.

Our mission is to improve the lives of all Oklahomans by providing assistive technology (AT) devices and services, financing opportunities, digital accessibility services, advocacy, and education.

Device Reutilization: Oklahoma ABLE Tech staff retrieves donated equipment; sanitizes and refurbishes devices; works with vendors to repair the equipment if needed; and reassigns DME devices to the best-matched Oklahoman. Any Oklahoman who needs medical equipment or devices, regardless of income, is eligible for the program. Priority will be given to SoonerCare members.

This is where you find items like: blood pressure monitors, wheelchairs, walkers, blood glucose monitors, etc.

Device Demonstration: The Device Demonstration Program allows individuals to compare the features and benefits of a particular assistive technology (AT) device. They can also give you the ability to see, touch, and try multiple devices to help in the decision-making process by providing:

- Hands-on exploration of devices
- Information on the latest technology
- Low-tech solutions and adaptations
- Vendor sources with prices

Oklahoma ABLE Tech can provide device demonstrations free of cost in person in our Stillwater office or virtually via a video conference application (i.e. Zoom, Microsoft Teams, etc.). If you are interested in setting up a demonstration with an Oklahoma ABLE Tech staff member, please complete the [AT Consultations for Individuals intake form](#).

Device Loan Program: **Device Loans** are available for FREE and for up to six weeks (short-term). Available to all Oklahoma residents with disabilities, their family members, and the professionals that support them.

Purpose:

- To assist in AT decision-making
- To serve as a loaner while the consumer is waiting for device repair or funding
- To provide accommodation on a short-term basis
- To support professional development

[Financial Loan Program](#): The **Oklahoma Assistive Technology Foundation (OkAT)**, in partnership with **Oklahoma ABLE Tech and BancFirst of Stillwater**, can provide financing options with low interest and flexible repayment terms for Oklahomans to purchase needed assistive technology (AT) to help them live, work, and learn independently. Qualifying purchases for the loan can be anything used as AT, in any amount, large or small. Common items financed through the program include:

- Communication devices
- Daily living aids
- Durable medical equipment
- Hearing equipment
- Home modifications
- iPads for specialized use
- Lift chairs
- Mobility devices
- Ramps
- Smart home technology
- Vehicle modifications
- Vision equipment/glasses

[Digital Accessibility](#): Digital Accessibility, often abbreviated in accessibility circles as [a11y](#), helps bridge the gap between the physical assistive technology (AT) devices people use and digital environments like the internet, mobile apps, or digital documents. Unless your digital content is designed correctly, AT can't interact with it properly, or often, at all. And yes, it is required by law! The Oklahoma ABLE Tech digital accessibility team can help you ensure that your digital content is accessible.

Oklahoma ABLE Tech offers digital accessibility training and technical assistance, as well as accessibility recommendations. Cost varies by service and organization type.

Available Services:

- Face-to-face or virtual training
- Recommendations for websites, web applications, and documents
- Troubleshooting and correcting accessibility barriers
- Accessibility policy and strategy guidance

Contact us at abt.a11y@okstate.edu to see how we can help you start, or continue, learning how to make your content accessible to all!

Our wait-list is growing and **WE NEED YOUR HELP**

Donate new or gently-used durable medical equipment (DME), and the Oklahoma ABLE Tech Device Reutilization Program staff will clean, refurbish (if necessary), and redistribute the DME to another Oklahoman in need.

This program is 100% donation-based — community contribution is important! Now is the time to **schedule a DME pick-up or drop-off** OR **make a tax deductible financial contribution** by mailing a check to the address below.

Learn more at okabletech.org/donate

Make a difference in your community!

What we need most:

- **Blood Pressure Monitors**
- **Shower Chairs**
- **Four-Wheeled Walkers**
- **Bedside Commodes**

Other gently-used DME is accepted: wheelchairs, hospital beds, CPAPs, braces, nebulizers, etc.

Have something else? Ask us if we'll take it!

Oklahoma ABLE Tech

Device Reutilization Program

4301 Will Rogers Parkway, Suite 950

Oklahoma City, OK 73108

atreuse@okstate.edu | 405-967-6010



OKLAHOMA
Health Care Authority



Healthy Heart Ambassador Blood Pressure Self-Monitoring Program



Enrollment Now Open!

HHA-BPSM is a four-month, community-based hypertension lifestyle change program for adults 18 years or older that have been diagnosed with high blood pressure and/or are taking medication to help lower their blood pressure.

This program educates participants on proper blood pressure self-monitoring techniques and how nutrition affects blood pressure levels, encourages tracking and communication with health care providers, and gives participants the support to take control of their heart health.

During the program, participants will:

- Learn the proper way to measure their blood pressure at home.
- Learn how to make heart-healthy food choices.
- Meet with their program facilitator twice a month.
- Measure and track their blood pressure at least twice a month.
- Attend group nutrition education classes once a month.

For more information about the Healthy Heart Ambassador Blood Pressure Self-Monitoring Program contact Chrissy Swift at 918-341-3166 or email ChrissyS@health.ok.gov.

Healthy Heart Ambassador Blood Pressure Self-Monitoring Program



The Healthy Heart Ambassador Blood Pressure Self-Monitoring program is a **four-month, community-based lifestyle change program** for adults 18 years or older that have been diagnosed with high blood pressure and/or are taking medication to help lower their blood pressure.

This program educates participants on proper blood pressure self-monitoring techniques and how nutrition affects blood pressure levels, encourages tracking and communication with health care providers, and gives participants the support to take control of their heart health.

During the program, participants will:

- Learn the proper way to measure their blood pressure at home.
- Learn how to make heart-healthy food choices.
- Meet with their program facilitator twice a month.
- Measure and track their blood pressure at least twice a month.
- Attend group nutrition education classes once a month.

For more information about the Healthy Heart Ambassador Blood Pressure Self-Monitoring Program, or to locate a program near you, contact:

Facilitator Training

The Chronic Disease Prevention Service offers virtual facilitator training for the Healthy Heart Ambassador Blood Pressure Self-Monitoring program.

Training is offered virtually from either 8:30 a.m. - 12:45 p.m. or 12:30 - 4:45 p.m. on a single day. Due to training logistics, a minimum of three participants is necessary for training to occur. Each training participant is required to have a working webcam and automated blood pressure monitor and cuff.

Once certified to implement the program, trained facilitators will provide the following for program participants during the four-month program:

- Weekly office hours
- Weekly check-ins via phone, email or text
- Monthly nutrition education seminars

To request training, please scan one of the applicable QR codes below:

OSDH Employees



Non-OSDH Employees



For additional information, contact the Heart Disease Prevention and Control program hdp@health.ok.gov.