

Patient Blood Pressure Monitoring

Date: [Insert Date]

To: [Patient's Name]

Address: [Patient's Address]

Dear [Patient's Name],

As part of your hypertension management plan, it is essential to regularly monitor your blood pressure. This will help us evaluate the effectiveness of your current treatment and make necessary adjustments to keep your blood pressure within the target range.

Blood Pressure Monitoring Instructions:

- Measure your blood pressure at home using a reliable blood pressure monitor.
- Record your blood pressure readings in the provided log.
- Measure your blood pressure twice daily, ideally in the morning and evening.
- If possible, take measurements while seated and relaxed for accurate readings.

Please bring your blood pressure log to our next appointment scheduled for [Insert Date]. This information will greatly assist in managing your condition.

If you have any questions or concerns, do not hesitate to reach out to our office.

Sincerely,

[Your Name]

[Your Title]

[Your Contact Information]