

# Blood Pressure Monitoring Reminder

Dear [Patient's Name],

This is a friendly reminder for you to monitor your blood pressure regularly as part of your chronic illness management.

It is important to check your blood pressure:

- At least twice a week
- Before and after any significant changes in medication
- If you experience any symptoms such as headaches or dizziness

Please record your readings and share them with us during your next appointment. Consistent monitoring helps us manage your health effectively.

If you have any questions or need assistance with your monitoring schedule, please do not hesitate to contact our office.

Thank you for taking an active role in your health management!

Sincerely,

[Your Healthcare Provider's Name]

[Your Healthcare Facility's Name]

[Contact Information]