

Blood Pressure Monitoring Reminder

Dear [Patient's Name],

We hope this message finds you well. This is a friendly reminder to monitor your blood pressure regularly as part of your ongoing health care.

Your target blood pressure is [Target BP Range]. Please take your blood pressure readings as advised and keep track of the results.

Remember to follow these steps for accurate readings:

- Take your blood pressure at the same time each day.
- Sit quietly for 5 minutes before taking your reading.
- Ensure that your arm is at heart level.

If you experience any unusual symptoms or if your readings are consistently outside your target range, please contact our office at [Office Phone Number].

Thank you for prioritizing your health!

Sincerely,

[Your Clinic's Name]

[Your Contact Information]