

Home Blood Pressure Tracking Recommendations

Date: [Insert Date]

Patient Name: [Insert Patient Name]

Patient Address: [Insert Address]

Dear [Insert Patient Name],

As part of your ongoing management of blood pressure, it is important to monitor your readings at home. Please follow these recommendations for effective tracking:

Equipment

- Use a validated, automatic blood pressure monitor.
- Ensure the cuff is the right size for your arm.

Measurement Guidelines

1. Take your blood pressure at the same time each day.
2. Measure in a quiet space, sitting comfortably with your back supported.
3. Rest for 5 minutes prior to taking a measurement.
4. Record at least two readings, one minute apart.

Recording Your Readings

Please keep a log of your readings in a notebook or use a digital app. Include the date, time, and results.

When to Contact Us

If your readings are consistently above [Insert Threshold] or below [Insert Threshold], please contact our office immediately.

Thank you for your commitment to managing your health. If you have any questions or need further assistance, do not hesitate to reach out.

Sincerely,

[Insert Your Name]

[Insert Your Title]

[Insert Contact Information]