Blood Pressure Log

NAME:_____ DOB:_____

Check your blood pressure between 7-10am and 7-10pm, or as instructed by your healthcare provider. Try to stay calm and relaxed with both feet flat on the ground. Raise your arm to rest onto a table and try to keep the cuff level with your heart to ensure accurate results.

We will gladly check your home monitor by comparing readings with ours if you bring your machine to Primedical Healthcare. Call **828-264-7311** to schedule a nurse visit if you have any doubt that your machine isn't working properly.

DATE	AM Reading	AM Pulse	PM Reading	PM Puls e	Notes