

[illegible]

3 Steps to Monitor Your Blood Pressure

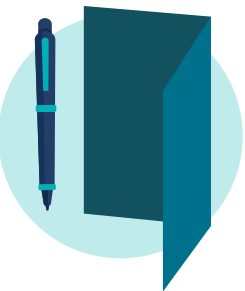
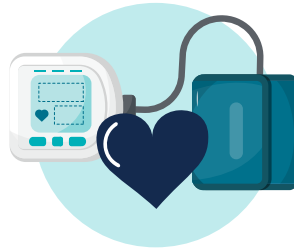
Home Office: (813) 814-6000 | Referral Fax: (888) 344-6115
pinnaclehomecare.net

Nothing Beats a Healthy Heart!

Diseases, medications, and activities can cause your blood pressure to fluctuate, so it's important to consistently monitor your blood pressure.

1.

Take your blood pressure at home or at your local pharmacy



2.

Record the numbers (use chart)

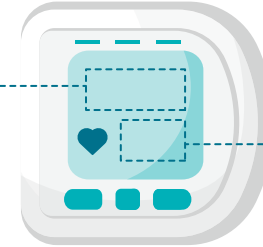
3.

Show this card to your Pinnacle clinician or physician at each visit



Optimum blood pressure is different for everyone. Ask your doctor to fill in your desired range below:

SYSTOLIC
(top number)



DIASTOLIC
(bottom number)

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Emergency Contact: _____

Medical Conditions: _____

Medications (doses & directions): _____

Doctor: _____

Phone: _____

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