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**Diagnostic SMBP**, measure for 7 consecutive days

**Confirmed hypertension**, measure for 7 consecutive days prior to next office visit

**If your blood pressure measurement is:**

- **MORE THAN**
  - SYS DIA
  - Your blood pressure is high. Recheck in 5 minutes. If it remains in this range, call your physician immediately.

- **BETWEEN**
  - SYS DIA
  - This is the desired range for your blood pressure. Please continue to monitor your blood pressure as you have been instructed by your care team.

- **LESS THAN**
  - SYS DIA
  - Your blood pressure is low. Recheck in 5 minutes. If it remains in this range, call your physician immediately.

**INSTRUCTIONS:** If at any time you feel light headed or have a headache, check your blood pressure and call the office immediately.

- Patrol Back Results By
  - Phone
  - Patient portal
  - Bring back device or written log
  - Other

**PRACTICE ADDRESS**

______________________________
PHONE ________________________
______________________________
EMAIL ________________________
______________________________
PATIENT PORTAL
______________________________
NEXT APPOINTMENT DATE & TIME

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Provided by American Medical Association and the American Heart Association through the TargetBP program.