

## Blood Pressure Log

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Date	Morning	Afternoon	Night	Notes: Medications/Symptoms (if any)

**\*\* If your blood pressure is consistently over 140/90 or you have a severe headache, blurred vision or constant upper abdominal pain, please contact the office.**

**Please bring your blood pressure log to every appointment.**

You can also send your blood pressure log to the office by logging into the patient portal to create a message: go to messages, compose message-> choose your provider's name -> for the subject choose "medical question" -> in the subject line, enter "blood pressure log"->in the message field, tell us how you are doing & any issues you've had -> then "attach a document or a photo" to add your log -> once the image loads, select "send message".