

Blood Pressure Log Sheet



Controlling your blood pressure is important for keeping your kidneys and heart healthy. Writing down your blood pressure levels helps you and your doctor make sure your blood pressure is staying under control. Use this sheet to keep track of your blood pressure levels. Remember these helpful tips before checking your blood pressure:

- Test your blood pressure a few times per week at different times of the day.
- Make sure you're relaxed when checking your blood pressure. Sit still in a chair with your feet flat on the floor. Keep your measuring arm at heart level. Sit calmly and avoid talking while the cuff inflates and deflates.
- Avoid smoking, exercising, or drinking caffeinated or alcoholic beverages within 30 minutes before measuring your blood pressure, as these activities can change your blood pressure levels.

Bring this sheet with you to your doctor appointments. If you have questions, call your doctor or reach out to the Healthmap Solutions Care Navigation team at **1-800-481-0474**.

DATE	TIME	BLOOD PRESSURE		PULSE (heart beats per minute)	NOTES
		SYSTOLIC (top number)	DIASTOLIC (bottom number)		
<i>Sample: 9/2/23</i>	<i>6:02 pm</i>	<i>139</i>	<i>89</i>	<i>77</i>	<i>Stress-free day. Did some gardening.</i>

Healthmap Solutions is a Kidney Population Health Management company that works with doctors and patients to improve care for people with kidney disease. To learn more about Healthmap, contact us at **1-800-481-0474** or visit patients.healthmapsolutions.com.

