

rossmax

just a heartbeat away

prevention • monitoring • therapy



Blood Pressure Log

Blood Pressure Log

Name:

Age:

Weight:

[illegible]

Here are a few helpful tips to help you obtain more accurate readings:

- Do not measure your blood pressure immediately after consuming a large meal. To obtain more accurate readings, please wait one hour before measuring.
- Do not smoke or drink alcohol before measuring your blood pressure.
- You should not do be physically tired or exhausted while taking a measurement.
- It is important that you relax during measurement. Try to take 15-minute rest before a reading.
- Do not take measurements if you are under stress or under tension.
- Take your blood pressure at normal body temperature. If you are feeling cold or hot, wait a while before taking a measurement.
- If the monitor is stored at very low temperature (near freezing), have it placed at a warm location for at least one hour before using it.
- Wait about 5 minutes before taking the next pressure measurement.

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[illegible]

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[illegible]

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Age:

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[illegible]

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Name:

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Weight:

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[illegible]

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