



Blood Pressure Log for an Upcoming Appointment

If you have an upcoming clinic or telehealth visit to discuss your blood pressure, follow the guidelines on the document titled **“Measuring Your Blood Pressure at Home”** to take your blood pressure in the morning and the evening for at least three days prior to the appointment (taking two readings each time for a total of 12 readings). Having this information is very useful to your provider.

If you do not have your blood pressure monitor connected to your MyChart account for automatic upload of the readings, the table below can help you document these prior to your appointment. After you’ve documented all 12 readings over three days, an average reading can be determined*.

		Day 1	Day 2	Day 3	Systolic Row Total (Add all 3 days for each Systolic Row)	Diastolic Row Total (Add all 3 days for each Diastolic Row)
Date						
Morning 1	Systolic					
	Diastolic					
Morning 2	Systolic					
	Diastolic					
Evening 1	Systolic					
	Diastolic					
Evening 2	Systolic					
	Diastolic					

***Note:** Form may be **printed** or filled out in **PDF format**.

When filling out a printed form, write in your readings and use a calculator to fill in totals and find an average reading.

When using the PDF form, enter your readings. Calculations will be generated automatically.

Systolic Total (Add 4 Systolic Row Totals)	Diastolic Total (Add 4 Diastolic Row Totals)
Systolic Average (Divide Systolic Total by 12)	Diastolic Total (Divide Diastolic Total by 12)