



# Blood Pressure Tracker

Name:  
Provider Name:  
Provider Phone:

Other Information

- Ensuring Accurate Measurement**
- 30min Before: Caffeine  Use restroom  Place cuff on bare arm  Smoking  Alcohol
  - Just Before: Talking  Movement  Keep arm relaxed and supported  Sit quietly for 5min
  - During: flat on floor  Keep both feet supported



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