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## HEALTHY HEART AMBASSADOR PROGRAM

### Sharing Blood Pressure Readings with your Doctor

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#### Why should I share my self-measured blood pressure readings with my doctor?

When taken properly, self-measured blood pressure readings can help you and your doctor work together to manage your blood pressure.

Self-measured blood pressure readings:

- show what your blood pressure is like during your normal, daily routines
- reduce your healthcare costs
- help you and your doctor identify blood pressure patterns
- help you and your doctor know how your lifestyle changes and blood pressure medications are working to lower your blood pressure

#### How can I share my self-measured blood pressure readings with my doctor?

Talk with your health care team about the best way to get your self-measured blood pressure readings to the doctor. Depending on the type of blood pressure monitor you have and services available at your health care clinic, the following options **may** be available:



Phone in and talk to a member of your care team, or leave your readings in a voicemail message.



Use your health care clinic app to report readings.



Take a photo of your blood pressure log and send to your clinic or share at your next visit.



Let your device do the work for you. After setup, some blood pressure monitors will send readings to your health care clinic.