



Choice Care

by
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Private Medical Services

I HAVE BEEN ASKED TO MONITOR MY BLOOD PRESSURE

Blood Pressure is best monitored at random times during the day. It is not necessary to monitor daily but please have at least 3 different readings at various times of the day when you report back to us.

Blood Pressure machines may be purchased at most any drug store. It is best to get a machine that has a cuff that measures your pressure on your upper arm but it is acceptable to get a monitor that measures at your wrist or on your finger. Many of these machines will do everything for you; you only have to push a button.

If your insurance carrier will cover this as a member benefit, let us know and we will write the appropriate prescription for you.

Blood Pressure should ideally be less than 130 on the top (systolic) and less than 80 on the bottom (diastolic). But it is acceptable to have numbers as 140 and 84 respectively. If it is consistently higher than that (either number), please notify us.

<http://www.nlm.nih.gov/medlineplus/highbloodpressure.html> is a site you might find helpful.

<u>BLOOD PRESSURE</u>	<u>DATE</u>	<u>TIME</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
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