

## BW Primary Care- Blood Pressure Journal

**Patient Name:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

It's Important to remember to take your blood pressure medication as prescribed and record your blood pressures daily. Make a habit of taking your medication at the same time everyday and taking your blood pressure LATER in the day (give your medicine time to work). If your blood pressure monitor also takes your pulse, please record that result as well. Bring this journal with you to each of your appointments. Call for an appointment if you are experiencing any problems.

Date	Time	Blood Pressure	Pulse		Date	Time	Blood Pressure	Pulse

- ❖ Is it time for an office visit or blood work? If so, please call for an appointment at 410-552-5050.
- ❖ Do you need to refill your prescription? If so, have your pharmacy fax a refill order to our office.
- ❖ Have you had an ophthalmology exam in the last year? If not, please make an appointment.
- ❖ Don't forget your flu shot each year!