




Medication	Dose (strength)	Instructions for Use	Prescribed by	Date
<i>Including over-the-counter and herbals</i>				

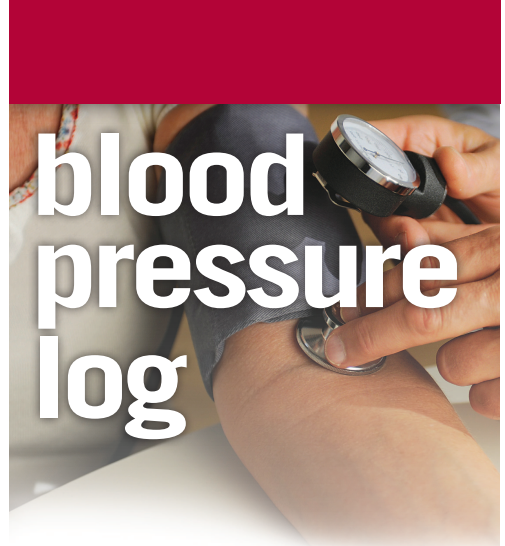
Name _____
 Address _____
 Emergency Contact Name _____
 Phone _____
 Date of birth _____
 Phone _____



What do your blood pressure numbers mean?

Blood pressure is measured by two numbers. The top number, "systolic," is the pressure in your blood vessels when your heart beats. The bottom number, "diastolic," is the pressure in your blood vessels between heartbeats. Your blood pressure is:

	HIGH if your numbers are: <u>140 or above OR</u> 90 or above
	PRE-HIGH if your numbers are: <u>121-139 OR</u> Between 81-89
	NORMAL if your numbers are: <u>120 or less AND</u> 80 or less



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more MEDICATIONS

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blood pressure LOG

Date	BP	Date	BP	Date	BP	Date	BP

