

Blood Pressure Self-Monitoring Apps



There are many free blood pressure tracking apps available. See below for 2 that are easy to use and have received good ratings. You can use their logos to recognize them in the app store on your phone.

For your iPhone, iTouch, iPad, and/or Android



Blood Pressure Companion

Operating System: Available for Apple and android users

Cost: Free (look for the free version)

Functions:

- Monitor your blood pressure closely and view visuals with words, charts and histograms.
- When you find your blood pressure out of range, you can take quick actions to find the reason and keep it from getting higher.
- Share measurements conveniently with your doctors with this app.



Blood Pressure — My Diary

Operating System: Available for Apple and android users

Cost: Free (look for the free version)

Functions:

- A personal blood pressure, weight and glucose monitor.
- Data visuals, statistics reporting and medication tracking (both oral and injection).
- Left/right arm tracking.
- Body position tracking.
- Email Import/Export that allows you to communicate with healthcare provider (charts included in emails and pdf files).
- Charts that show a visual trend of vital signs and blood pressure warning signs.
- Syncs data.