148095 10/20

MEDICATION Including over the counter and herbals	DOSE Strength	INSTRUCTIONS	PRESCRIBED BY	DATE

Name _____

Address _____

Emergency Contact _____

Date of Birth _____

Phone _____

Phone _____

WHAT DO YOUR 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:
130 or above OR
80 or above

ELEVATED if your numbers are:
120-129 AND
Below 80

NORMAL if your numbers are:
120 or less AND
Below 80

BLOOD PRESSURE LOG

MaineHealth

MEDICATION Including over the counter and herbals	**DOSE** Strength	**INSTRUCTIONS**	**PRESCRIBED BY**	**DATE**

BLOOD PRESSURE LOG

DATE	**BP**	**DATE**	**BP**	**DATE**	**BP**	**DATE**	**BP**