

Appendix 3 Blood pressure self-monitoring system

My Heart Health

Information Enter New Blood Pressure Reading Blood Pressure History Blood Pressure Targets



Use this page to enter your blood pressure reading. Remember that you will need to take two readings, but you only need to enter the second reading.

Reading Taken Date: 30/08/2012 Time: 14:00

Blood pressure reading – only enter your second reading:

Systolic (SYS): 120

Diastolic (DIA): 80

Save

Information Enter New Blood Pressure Reading Blood Pressure History Blood Pressure Targets

Average reading within the last six days: /



Date and time of reading	Blood pressure reading	Status
05/09/2012		Reading expected
05/09/2012		Reading expected
04/09/2012		Reading expected
04/09/2012		Reading expected
03/09/2012		Reading expected
03/09/2012		Reading expected
02/09/2012 19:00:00	180/110	Over Target Threshold
02/09/2012		Reading expected
01/09/2012 07:00:00	120/80	Within Target
01/09/2012		Reading expected
31/08/2012 18:00:00	200/110	Over High Warning Threshold
31/08/2012 05:00:00	180/110	Over Target Threshold