

Blood Pressure Alert Process for Patients

Self-Measured Blood Pressure Monitoring to Improve Uncontrolled Hypertension

When your blood pressure (BP) reading is outside of the expected range, you and your healthcare team will receive an alert. Below is a table containing the default alerts for a high, low and critically high BP reading and the alert that you will receive.

Your doctor has the ability to change these alerts based on your readings. You will be notified if the alerts are different than what is shown here. The doctor's office may contact you if they have concerns or to change your treatment plan. **If you are having a medical emergency, call 911.** If you are having symptoms, call the doctor and let them know your symptoms. If you are having symptoms after hours, leave a message for the covering doctor and call 911 if it is a medical emergency.

Default Alerts

	Systolic	Diastolic	Text Communication to Patient
High	160	100	Alert! Your BP reading of __/__ with a __ pulse has registered as HIGH. Please recheck your BP using proper technique and make sure to continue taking your medication as prescribed. If BP still high, and having symptoms contact your Doctor's office. If you are having a medical emergency call 911. // Text message replies ARE NOT monitored.
Low	100	60	Alert! Your BP reading of __/__ with a __ pulse has registered as LOW. Please recheck your BP using proper technique. If still low and having symptoms, contact your Doctor's office. If you are having a medical emergency call 911. // Text message replies ARE NOT monitored.
Critical High	180	110	Alert! Your BP reading of __/__ with a __ pulse has registered as CRITICAL HIGH. Please recheck your BP using proper technique and make sure to continue taking your medication as prescribed. If BP still critically high and having symptoms, contact your Doctor's office. If you are having a medical emergency call 911. This may be a medical emergency. // Text message replies ARE NOT monitored.