



## Blood Pressure Log

Name: \_\_\_\_\_

### Instructions:

- Measure your blood pressure around the same time each day, as instructed by your health care provider.
- For the IMPROVE-AD study, please measure your blood pressure within two weeks of your follow-up call or during your follow-up call.
- Watch the [American Heart Association's video](#) to learn how to use a home blood pressure monitor.
- For best results, sit comfortably with both feet on the floor for at least two minutes before taking a measurement.
- When you measure your blood pressure, rest your arm on a table so the blood pressure cuff is at about the same height as your heart.
- Record your blood pressure on this sheet and share your most recent measurement with the IMPROVE-AD study team when they call you.
- If you have any questions or concerns about your blood pressure, contact your health care provider.

Date	Time	Blood Pressure (mm Hg)	Heart Rate

