



Hypertension Clinic – Follow up appointment

Date: _____ Time: _____

Left or right arm

Sitting

1	
2	
3	
4	
5	
6	

Pulse	
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Standing

1	
2	

Pulse	
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Watch a detailed blood pressure measurement tutorial:
[youtube.com/watch?v=N2GZCfJ5IK8](https://www.youtube.com/watch?v=N2GZCfJ5IK8) or scan QR code.