



Continuing Medical Implementation

Bridging the Care Gap



Date: _____ For: _____

- 1) Monitor BP in AM before arising and 2-3 times a day after 5 minute rest.
- 2) Average daily and weekly systolic and diastolic readings.
- 3) Normal BP is Systolic \leq 135/Diastolic \leq 85 for home BP monitoring.

Condition	BP Treatment Targets
Treatment threshold if no risk factors, target organ damage or clinical CVD	160/ or/100
Treatment target & initiation threshold for office BP measurements	< 140/90
Treatment target for Ambulatory BP or Home BP measurement	< 135/85
Treatment target for Type 2 diabetics \pm nephropathy or non-diabetic nephropathy	< 130/80
Pre-hypertension (JNC-7)	120-139/80-89
Normal BP	< 120/70

Rx HOP to ITT

Validated Omron Home BP Devices

Recommended:

- HEM-711 AC
 HEM-741 C

Choose Cuff Size:

- Regular Cuff
 Large Cuff

Other Omron Devices:

HEM-705 CP, HEM-712 C,
 HEM-739 AC, HEM-780,
 HEM-757 CAN

Validated LifeSource/A&D Medical Home BP Devices

Recommended:

- UA-767 CN

Choose Cuff Size:

- Regular Cuff
 Large Cuff

Other LifeSource/A&D:

UA-767 Plus, UA-774 AC,
 UA-779, UA-787 AC

For patient Blood Pressure Calendar or Spreadsheet visit:

www.cvtoolbox.com

MD Signature: _____