



Home Blood Pressure Monitoring

Dear parent/caregiver,

Your Endocrinologist is asking you to monitor your blood pressure at home. It has been our experience that most insurance companies do not pay for home BP monitors. However, we recommend you call your insurance company to ask before you purchase one.

If your insurance does not have a preferred monitor, we suggest you purchase the following home blood pressure monitor:

- Walmart's generic brand (ReliOn) is based on the Omron brand of BP monitors. Omron BP monitors are very good. As of October 2007, prices for a ReliOn monitor range \$29 (for a semi-automatic) to \$45 (for a fully-automatic). Depending on arm size, most pediatric patients will use a small adult cuff.
- For younger patients, we recommend buying a LifeSource Monitor from Amazon.com (~\$50).

Please monitor your blood pressure at the following times:

- 3 times a week when your child is relaxed
- other _____

Please fax or mail the BP readings to our office after 1 month. Please call with any questions.

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have questions about individual health concerns or specific treatment options.

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