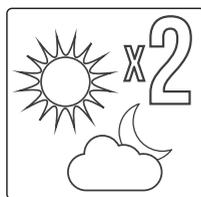
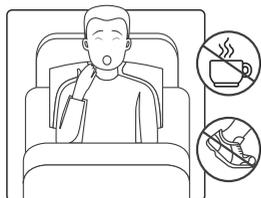


Follow these tips to ensure accurate blood pressure readings:

- **Measure your blood pressure twice daily**, once in the morning before you take any medications, and once in the evening. Take your blood pressure consistently at around the same time of day.



- **Do not measure your blood pressure right after you wake up.** Do not eat breakfast or take medications before measuring your blood pressure. You are encouraged to take your blood pressure before morning exercises.



- **Avoid food, caffeine, tobacco and alcohol for thirty minutes before taking a measurement.** Also, go to the toilet to empty your bladder first. A full bladder can increase blood pressure slightly.
- **Rest for three to five minutes before taking your blood pressure.** When you are ready to take your blood pressure, sit quietly for three to five minutes beforehand. Sit in a comfortable position with your legs and ankles uncrossed and your back supported against a chair. Try to be calm and not think about stressful things.

- **Ensure that your arm is positioned properly when measuring.** Rest your arm, raised to the level of your heart, on a table, desk or chair arm. You may need to place a pillow or cushion under your arm to elevate it high enough. Place the cuff on bare skin, not over clothing. Rolling up a sleeve until it tightens around your arm can result in an inaccurate reading, so you may need to slip your arm out of the sleeve.



- The blood pressure monitor will automatically upload readings into the system for your nurse/ doctor's review.
- Do not talk while taking your blood pressure.

IMPORTANT NOTE:

The readings obtained from the device(s) are not monitored in real time, and you need to seek medical advice should the readings be very abnormal and/or if you feel unwell.

For enquiries, please contact:

Between 9am - 1pm or 2pm - 5pm (Monday - Friday)
 Ms. Margaret Choong Tel: (65) 6772 4081
 Ms. Angeline Koh Tel: (65) 6772 6065
 Ms. Harjit Kaur Tel: (65) 6772 4707

For appointments, please contact:

Tel: (65) 6908 2222
 Email: appointment@nuhs.edu.sg

In case of an emergency, please proceed to the nearest General Practitioners (GPs) or Emergency Department to seek medical treatment.

Location



Contact Information

National University Heart Centre, Singapore

NUH Main Building Zone F, Heart Clinic
Opening Hours: 8.00 am - 5.30 pm (Monday - Friday)
 Closed on Weekend & Public Holidays
Tel: 6908 2222
Email: appointment@nuhs.edu.sg
Website: www.nuhcs.com.sg

Getting to NUHCS

Circle Line Kent Ridge MRT Station

Commuters can transit at the Buona Vista MRT Interchange and alight two stops after at the Kent Ridge Station. The station is served by three exit-entry points.
Exit A: Right at the doorstep of National University Heart Centre, Singapore.
Exit B: Along South Buona Vista Road, which links to Singapore Science Park 1.
Exit C: Leads to NUH Medical Centre.



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Make a donation and help us continue the fight for every heartbeat!



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Tele-Health Blood Pressure Monitoring

Scan the QR code for more heart health information on NUHCS [YouTube](#) channel!



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 **High blood pressure is one of the leading health problems in Singapore. It causes strokes, heart attacks, heart failure. It is also related to dementia and sexual problems**

 **Finding and treating high blood pressure early helps prevent these problems. Lifestyle changes and taking your prescribed medications can control high blood pressure**

What do blood pressure measurement mean?

We describe blood pressure with two numbers (e.g. 124/84 millimetres of mercury). The first number is called the systolic pressure and the second is called the diastolic pressure.

- Systolic pressure (refers to the number above) occurs when your heart contracts and is the higher of the two numbers.
- Diastolic pressure (refers to the number below) is the lower number and it occurs when your heart relaxes and fills with blood.

 **The higher your systolic or diastolic pressure and the longer it stays high, the more damage there is to your blood vessels.**

What is normal blood pressure?

Majority of people (including those with kidney disease)	Less than 140/90 mmHg when you visit the doctor (Less than 135/85 mmHg at home)
> 60 years old	Less than 150/90 mmHg when you visit the doctor
If you have diabetes	Less than 130/80 mmHg

What is tele-health blood pressure monitoring?

Tele-health blood pressure monitoring is a service that allows patients to test their blood pressure at home. A blood pressure meter will be loaned to our patient. This meter is able to send your readings via a router automatically each time you use it, to the hospital's computer. Your blood pressure reading will be captured in real time.



What are the purposes of tele-health blood pressure?

- To monitor blood pressure outside of a clinic setting.
- To help your doctor diagnose high blood pressure earlier than if you have blood pressure readings in the clinic only.
- To track treatment efficiency.
- To enable automatic results recording and transmission to hospital computer system.
- To enable titrations of medication dosing in-between doctor's clinic visit.
- To enable close monitoring of treatment progression whilst on titration programme.

How do I use the meter?

 **Measure blood pressure twice a day on Monday to Friday only.**

- If you are on blood pressure surveillance service – you only need to measure for 30 days. Your care team will contact you to inform when the surveillance service is up and to return the blood pressure meter. Your result will not be recorded on the hospital system once the 30 days is up.

How will you get started?



Download **Health Discovery+** application in your smart phone. This will require a one-time Singpass login to launch the application.

Please download the Singpass app , if you haven't done so.

Key in your blood pressure readings in Health Discovery+ app twice a day.

Your care team will monitor your readings on a weekly basis and contact you if your blood pressure is not well controlled or if there is a need to adjust your medications.

YOUR CARE JOURNEY

Tele-monitoring

01 Take your blood pressure at least twice a day with your meter.

Key in your blood pressure reading in **Health Discovery+** app.

Tele-support

02 Irregular readings will be flagged to your telehealth care team.

If required, the telehealth care team will advise accordingly via tele-consultations.

You will receive a reminder from the telehealth care team if you miss taking your blood pressure.

Tele-treatment

03 Please follow the prescribed medications and lifestyle advices that was given by your care team during the phone consultation.

And you can manage your blood pressure more effectively.

