

## What will I need?

In order to use the blood pressure service, you will need access to:



- A telephone, mobile, smartphone, laptop or tablet device (depending on your chosen method of submitting your readings).



- A mobile phone signal, or a broadband or wifi internet connection (depending on your chosen method of submitting your readings).



- A blood pressure monitor and cuff - your health professional may be able to provide you with this equipment and show you how to use it.

Your health professional will tell you about Connect Me and how it can help you.

They will also explain how often they will review the summary of your readings sent to them at regular automated intervals for their records.

## What will you be asked for?

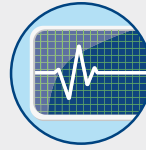


At a frequency agreed between yourself and your health professional, you will be asked to submit your blood pressure readings, which consists of two numbers systolic (upper) and diastolic (lower).



You may receive messages to submit your blood pressure readings every day for two weeks or less frequently for a longer period of time.

## What does the service do with my readings?



Your blood pressure service has been designed especially for people who need to monitor their blood pressure – whether for diagnosis, to ensure their medication is working as required, or for longer term monitoring.



When you submit your answers you may be given advice which will help you stay as healthy as possible.

Your health professional will be able to track your blood pressure readings over time. If you are using the app, you will also be able to see your own blood pressure readings and track them.

## What else should I know?



When using the blood pressure service, you will simply be asked for your BP readings – nothing more.



Monitoring your blood pressure readings over time will help to give you a better understanding of how well controlled your blood pressure is and help you to discuss any significant changes in your readings with your health professional.



We hope you find the blood pressure service enjoyable and helpful to use. However, if you do not want to continue using the service, you can opt out at any time. If you use the app or patient portal you can use the opt out task, if you use text messaging you can text **STOP** at any time and if you use the automated phone call version you can select **2** on your keypad to opt out.

**Please note this is not an emergency service. Your readings may not be viewed by a health professional straight away.**

**If you need medical assistance, you should phone your family doctor (GP) or call NHS 24 on 111.**

**In case of an emergency, dial 999.**