

SCO NHS LOT Scale-Up BP protocol 2 - Lower limits - Daily Reading
Systolic 80-124
Diastolic 60-74



REMINDER - ONCE, DAY 7 @ 10:08

Do you know about the Living it Up website www.livingitup.org.uk for helpful info about your local community, health & well-being, Flo

REMINDER - ONCE, DAY 20 @ 14:25

The Living it Up website www.livingitup.org.uk also has helpful information about health conditions and how to get involved more in your community, Flo.

DAILY BP READING @ 10:00

Hi, don't forget to take your blood pressure this morning and again this evening, and text it in. Reply with BP then your reading e.g. BP 140 80. Thanks, Flo

EVENING BP REMINDER

Hi, I've noticed you haven't sent in your readings today. Please reply to this message with BP then your reading, e.g. BP 140 80, Thanks Flo

READING WITHIN DESIRABLE RANGE
Thanks, your BP reading is normal. Flo

READING BELOW DESIRABLE RANGE
Your blood is pressure a little lower than we would normally expect today. Take it again, and follow the advice in your management plan. Take care, Flo.

READING ABOVE DESIRABLE RANGE
Your blood pressure is a little high - don't be too concerned. Follow your management plan advice, & take the readings again at your usual time, Flo

ALERT TRIGGERED - CRITICAL % EXCEEDED

Your BP is outside the safe range - so contact the surgery today as agreed in your management plan. Take care, Flo