

# SCO NHS LOT Scale-Up BP protocol - Daily Reading

Systolic 80-134

Diastolic 60-84



## REMINDER - ONCE, DAY 7 @ 10:08

Do you know about the Living it Up website [www.livingitup.org.uk](http://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](http://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