

## Get in touch

If you would like more info or think you might be eligible please call us on 01308 801810 or email [jcsocialprescribing@dorsetgp.nhs.uk](mailto:jcsocialprescribing@dorsetgp.nhs.uk)

If you have a query or a story to tell about how the BP@Home service has helped you, email [ourdorsetdigital@nhsdorset.nhs.uk](mailto:ourdorsetdigital@nhsdorset.nhs.uk)

We want to hear from you!

## Useful information

For information on your condition: <https://www.nhs.uk/conditions/high-blood-pressure-hypertension/>

### Patient Support page

<https://www.omron-healthcare.co.uk/viso/viso-customer-care>

## West Dorset

Jurassic Coast Primary Care Network (PCN) is dedicated to providing high-quality healthcare services on behalf of:

**Ammonite Health Partnership**  
**Barton House Surgery**  
**Lyme Bay Medical Practice**

## Getting started

Scan the QR code to register for the free service and app:



You will need a Smart phone and the NHS app

For secure access to Omron's BP@Home

You will also need a BP Monitor



To use the app, you need a validated BP monitor: <https://www.bhf.org.uk/information-support/heart-matters-magazine/medical/tests/blood-pressure-measuring-at-home>

BP Monitor discount code

Search Amazon: OmronX3 Comfort  
<https://amzn.eu/d/66W41F7>

Coupon: **VISOHEALTH24**



JURASSIC COAST  
PRIMARY CARE NETWORK

## West Dorset BP@Home

Patient guide

**MANAGE YOUR  
BLOOD PRESSURE**

**NHS  
Dorset**



**Janet feels more relaxed about taking her blood pressure readings**



Powered by  
**VISO**

Sept 2024

# Why do I need to check my Blood Pressure?

Around 1/3 of adults in the UK have high blood pressure and don't know. The only way to find out if your blood pressure is high is to have your blood pressure checked.

High blood pressure rarely has noticeable symptoms, but persistent and untreated high blood pressure can increase the risk of several serious and potentially life-threatening health conditions such as heart disease, heart attacks, strokes, heart failure, peripheral arterial disease, aortic aneurysms, kidney disease and vascular dementia.

Monitoring your blood pressure regularly helps detect issues early and manage your health effectively. Learn more about home blood pressure monitoring here:  
<https://www.jurassiccoastpcn.nhs.uk/blood-pressure-monitoring-at-home>



# Why take Blood Pressures at Home and not at the surgery?

- ♥ More accurate readings as you are relaxed in your own environment
- ♥ Can do it from the comfort of your home
- ♥ Gives you peace of mind to know your clinician is aware of your recent blood pressure
- ♥ No need for regular visits to the surgery
- ♥ Quick and easy for you
- ♥ Your clinician can identify elevated blood pressure quickly and optimise your medication treatment plan via the App
- ♥ Prevent serious health conditions such as heart attacks, strokes, kidney problems, Atrial Fibrillation (irregular heart) and vascular dementia



## WHAT HAPPENS AFTER I SUBMIT MY READINGS?

### AFTER YOUR FIRST WEEK

After completing your first measurement week, your health professional will be able to see your average BP readings and advise of any changes to medication via the app



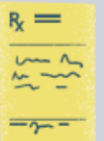
### WHAT IF MY PRESCRIPTION IS AMENDED

If any changes are required, your prescription will be amended and your new medication plan will show in the app



### MAKE SURE TO COLLECT ANY MEDICATION

Go and collect any new medications from your registered pharmacy (if required)



### START YOUR SECOND WEEK OF READINGS

Commence second monitoring week when prompted by Hypertension Plus



### CONTINUE THE PROCESS

Continue this process until your BP readings are within your target range and then move to 6 monthly readings

