

**Recheck of Your
Blood Pressure / Pulse Rate**

Today's blood pressure 1st / mmHg
 2nd / mmHg

Your blood pressure is very high (systolic BP over 160 and / or diastolic BP over 100) today.

We recommend that you to see a doctor. Please go to your local doctor's clinic or the Medical Section of the Health Service Center.

The Medical Section of the Health Service Center

(Office hours; 10:00-12:20 and 14:00-15:45, Mon-Fri)

Prior to visiting the medical section, please come to the health service section first to get your health check-up result. We don't have an appointment system, so we may keep you waiting if we have many patients. The office hours in Monday through Friday are available but sometimes closed temporarily, check information on our website (<http://www.hc.u-tokyo.ac.jp/>).

Actual costs will be charged for laboratory examination and medication.

Your blood pressure is high (systolic BP over 140 and/or diastolic BP over 90) today.

To figure out whether any further examination or treatment required, please visit the Health Service Center for the re-measurement on the following schedule.

Office hours, **9:30 ~ 12:00 am and 2:30 ~ 4:00 pm**

The Hongo/Komaba/Kashiwa Health Service Center

※ In case you will not be able to visit on the date above, please inform us in advance.

Check your blood pressure and by yourself and record it on the other side of this paper, bring the record on your visit.

Daily monitoring of blood pressure at home will help to evaluate its severity, because blood pressure fluctuates all times.

<Blood pressure measurement>

- Blood pressure monitor: Please use your own blood pressure monitor. If you do not have one, you can use the automated blood pressure monitor at the Health Service Center.
- Notes : please check your blood pressure at rest: don't check one just after exercise or bathing, or under influence of alcohol. Please comment about your symptom or special note for each measurement.

Contact number :

The Hongo Health Service Center

TEL 03-5841-2580 (ex.22580) Email : hoken-kanri-hongo.adm[at sign]gs.mail.u-tokyo.ac.jp

The Komaba Health Service Center

TEL 03-5454-6166 (ex.46166) Email : hoken-kanri-komaba.adm[at sign]gs.mail.u-tokyo.ac.jp

The Kashiwa Health Service Center

TEL 04-7136-3040(ex.63040) Email : hoken-kanri-kashiwa.adm[at sign]gs.mail.u-tokyo.ac.jp

Recheck of Your Blood Pressure / Pulse Rate

Common ID

Name

| Date | Time | Blood Pressure | Memo |
|--------------------|------|----------------|---|
| e.g. 05 / 12 (Wed) | 6:30 | 150/82 | Immediately after waking up, had a headache |
| / () | | / | |
| / () | | / | |
| / () | | / | |
| / () | | / | |
| / () | | / | |
| / () | | / | |
| / () | | / | |
| / () | | / | |
| / () | | / | |
| / () | | / | |
| / () | | / | |
| / () | | / | |
| / () | | / | |
| / () | | / | |
| / () | | / | |
| / () | | / | |
| / () | | / | |
| / () | | / | |
| / () | | / | |
| / () | | / | |
| / () | | / | |
| / () | | / | |
| / () | | / | |

Please feel free to make copies for additional records.