

Recheck of Your Blood Pressure

Doctor's consultation

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

→ <Blood pressure measurement>

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; 10:00-12:20am and 2:00-3:45pm, workday)

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. Please check our website as it may be temporarily closed. (<https://www.hc.u-tokyo.ac.jp/en/guide/>). Actual costs will be charged for laboratory examination and medication.

Nurse counseling recommended

Your blood pressure is high (systolic BP: **140-159** and/or diastolic BP: **90-99**).

→ <Blood pressure measurement>

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

Time: 9:30 - 12:00 am , 2:30 - 4:00 pm

Health Service Center: Hongo, Komaba, Kashiwa

About measurement method

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

Daily monitoring of blood pressure at home will help to evaluate its severity, because blood pressure / pulse rate 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 *Replace # with @

Hongo Health Service Center Email : hoken-kanri-kashiwa.adm#gs.mail.u-tokyo.ac.jp

Komaba Health Service Center Email : hoken-kanri-komaba.adm#gs.mail.u-tokyo.ac.jp

Kashiwa Health Service Center Email : hoken-kanri-kashiwa.adm#gs.mail.u-tokyo.ac.jp

For students

Recheck of Your Blood Pressure

Student ID **—** **Name**

Date	Time	Blood Pressure	Pulse Rate	Memo
e.g. 05 / 12 (Wed)	6:30	150/82	86	Immediately after waking up, had a headache
/ ()		/		
/ ()		/		
/ ()		/		
/ ()		/		
/ ()		/		
/ ()		/		
/ ()		/		
/ ()		/		
/ ()		/		
/ ()		/		
/ ()		/		
/ ()		/		
/ ()		/		
/ ()		/		
/ ()		/		
/ ()		/		
/ ()		/		
/ ()		/		
/ ()		/		

- *Please feel free to make copies for additional records.
- * If the number of measurements is small, it will be difficult to make a medical judgment. Try to fill the paper as much as possible.
- * If you have any symptoms, please consult a medical institution.