Our practice \_\_\_\_\_\_\_\_ has recently entered a business relationship with BPCorrect, a scientifically based solution for home blood pressure (BP) monitoring. For people who have or may have high blood pressure, home BP monitoring is now recommended.

The BPCorrect platform combines an app for you to use and a portal that our practice uses. You can download the “BPCorrect” App from the Apple App Store or the Google Play Store for a one-time cost of $1.99. The app, which works with any BP monitor, provides reminders and step-by-step instructions on how to correctly measure BP for a 3–7-day period, needed for correct BP assessment. It calculates your average BP for each monitoring period, the value that matters most and provides links to information to help you manage your BP. Best of all, the app automatically sends your readings to our practice, so that we can proactively help you manage your BP!

It is important that you use a validated BP monitor; if you do not have one, the site [www.validatebp.org](http://www.validatebp.org) is a good source of recommendations. Better yet if you need a monitor, go to [www.bpcorrect.com](http://www.bpcorrect.com) to find monitors that automatically send measurements to your app, so that you do not have to enter them.

A few key issues to help get you started:

1. When first using the app, it will ask you to choose the BP monitor you are using. If yours is not on the list, choose "My blood pressure monitor is not listed. I will enter my blood pressure readings."
2. To share your readings with our practice, click on the settings icon in the app and the “share readings with a practice.” Then choose our practice \_\_\_\_\_\_\_\_\_\_\_\_\_.
3. The app will give you the option of setting a morning and evening reminder time for your BP measurements. Reminders are important! However, if you need to change the times you can do so by clicking on the bell icon.

These issues and others are covered in the FAQ section of the BPCorrect site: <https://learn.bpcorrect.com/faq>. The developers of BPCorrect (primary care physicians themselves) are available by email at [support@bpcorrect.com](mailto:support@bpcorrect.com) and of course our practice is available to help you with questions.

Sincerely,