Dear parent/caregiver,

Your Endocrinologist is asking you to monitor your blood pressure at home. It has been our experience that most insurance companies do not pay for home BP monitors. However, we recommend you call your insurance company to ask before you purchase one.

If your insurance does not have a preferred monitor, we suggest you purchase the following home blood pressure monitor:

- Walmart’s generic brand (ReliOn) is based on the Omron brand of BP monitors. Omron BP monitors are very good. As of October 2007, prices for a ReliOn monitor range $29 (for a semi-automatic) to $45 (for a fully-automatic). Depending on arm size, most pediatric patients will use a small adult cuff.
- For younger patients, we recommend buying a LifeSource Monitor from Amazon.com (~$50).

Please monitor your blood pressure at the following times:

- 3 times a week when your child is relaxed
- other _______________________________

Please fax or mail the BP readings to our office after 1 month. Please call with any questions.