

Private Blood Pressure Monitoring Summary Sheet

Vista Health offer fast access to 24hr Ambulatory Blood Pressure Monitoring (ABPM) to give you an accurate measure of your blood pressure.

Blood pressure is measured using a Blood Pressure cuff and a digital monitor and is a way of examining if your blood pressure is too high or too low.

Why Vista Health?

- Price only **£99** – Assurance at an affordable price.
- Quick access with affordable and accessible appointments.
- Multiple locations across the UK.
- Friendly and professional patient care team.

Affordable and convenient

Price only

£99

Good to know

Ambulatory Blood Pressure Monitoring (ABPM) is the measuring of your blood pressure while you move around, living your normal daily life. It is measured over a period of up to 24 hours.

A cuff is placed around one of your arms and at regular intervals is pumped up to restrict the blood flow in your arm. The attached digital monitor then records your blood pressure.

Blood pressure is given as 2 figures:

Systolic pressure

The pressure when the heart pushes blood out

Diastolic pressure

The pressure between beats and when the heart is resting

A general guide:

Normal blood pressure

Between 90/60mmHg and 120/80mmHg

High blood pressure

140/90mmHg or higher

Low blood pressure

90/60mmHg or lower

How do I book an appointment?

Speak directly to one of our dedicated patient care team directly on **03300 572317** Monday to Friday 8am-8pm, weekends 8am-1pm.

OR

Send your referral directly to our patient care team and we will contact you within 24 hours –

booking@vista-health.co.uk