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| NHS Mid and South Essex logo |

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| **Health and Wellbeing Matters: Know your numbers** |

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| Medicine graphic |

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| **Monitor your blood pressure at home with BP@Home**For those already diagnosed with high blood pressure, consistent monitoring is key to effective management. That's why I'm excited to tell you about BP@Home, a programme that enables you to monitor your blood pressure in the comfort of your own home. **Steph's journey with home blood pressure monitoring**Steph, a 39-year-old from Shoeburyness, first experienced borderline high blood pressure during her pregnancy nine years ago. By 2018, her GP recommended medication and suggested she purchased a home blood pressure monitor. ***"Initially, I had difficulty accurately measuring my blood pressure. But after a brief consultation with my practice nurse, I learned the correct technique and how to interpret the results. The readings were a wake-up call - I was diagnosed with hypertension and needed medication to manage it. Had I not been monitoring my blood pressure at home, this condition could have gone unnoticed, putting me at risk for severe health complications."***Steph's story didn't end with medication. Her GP introduced her to a Health and Wellbeing Coach who provided tailored advice on physical activity and lifestyle choices. These connections helped Steph lose over four stone within a year and engage in physical activities she genuinely enjoyed with her family. By keeping tabs on her blood pressure at home, Steph took an active role in her healthcare, enabling her to make timely changes to her lifestyle and medical choices before her situation deteriorated. |

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| **What is BP@Home?**BP@Home is a scheme where you use a blood pressure monitor at home to regularly check your blood pressure and share the results with your GP surgery. This helps your healthcare team better understand your blood pressure patterns and provide more personalised care. **The benefits of home monitoring:*** More readings create a clearer picture of your blood pressure over time.
* Eliminates "white coat syndrome" (when blood pressure rises due to anxiety at the doctor's office).
* Helps you and your GP make informed decisions about your treatment.
* Reduces unnecessary GP visits.
* Empowers you to take control of your health.
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| Blood Pressure At Home (British Sign Language) |

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| **How to participate:**If you have high blood pressure, talk to your GP surgery about joining BP@Home. If you already have a home blood pressure monitor, your GP can provide guidance on how to use it effectively and share your readings. For those who don't have access to a blood pressure monitor, some practices in areas of higher need are offering devices on loan as part of our health inequalities initiative.  |

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| **Tips for accurate home monitoring** |
| * Take readings at the same time each day
* Sit quietly for five minutes before measuring
* Keep your arm at heart level
* Take two readings, a few minutes apart
* Record all your readings and share them with your GP

Regular monitoring and sharing of results with your GP team improves health outcomes and could prevent serious complications like heart attacks and strokes.  |
| [Find out more about BP@Home →](https://news.comms.midandsouthessex.ics.nhs.uk/0F08C7CD4E2A6B9ED3DD500D2FC57A69DB33DDB4EB29A74B495778F629A09EF7/269966A9AEB09AB00847EB46E17D41C3/LE35) |

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| Best wishes, **Neil Magee**System Clinical Lead Cardiovascular HealthNHS Mid and South Essex P.S. Look out for my email in two weeks where I'll share simple lifestyle changes that can help lower your blood pressure naturally. [**Can't wait? Find out now.**](https://news.comms.midandsouthessex.ics.nhs.uk/F00604003CC4E8FD51886A661D4ABA8CD5433A586C9BE12B14DDDAA8C72A8230/269966A9AEB09AB00847EB46E17D41C3/LE35) |

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| This email was sent to you by NHS Mid and South Essex. Registered office: Unit 10, Phoenix Court Christopher Martin Rd, Basildon SS14 3HG |

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