

# Entering Blood Pressure Readings

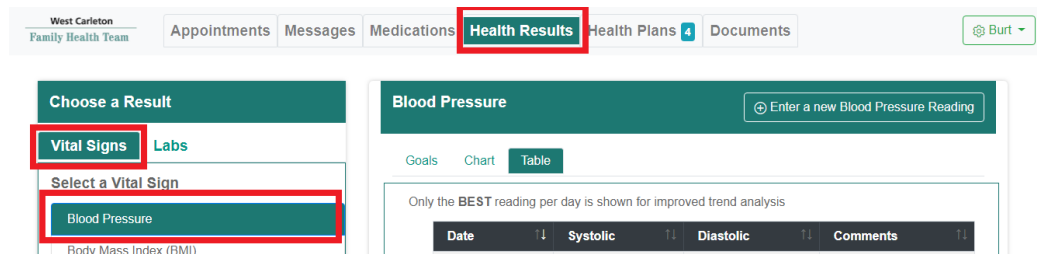
This document outlines the process for entering blood pressure readings into the Health Portal.

## STEP 1

Login to the West Carleton FHT Health Portal <https://portal.wcfht.ca/>

## STEP 2

To enter your blood pressure readings click on the **Health Results** tab. Select **Blood Pressure** from the **Vital Signs** menu.

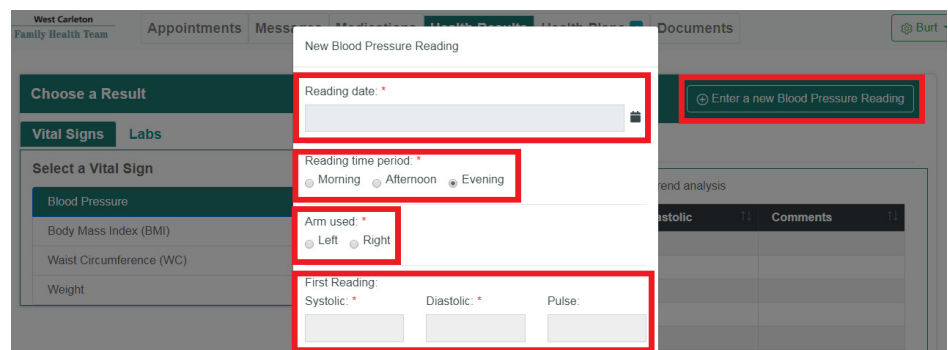


## STEP 3

Select **Enter a New Blood Pressure Reading**

A window will open, asking you to enter the following information:

- Reading Date
- Reading Time Period
- Arm Used
- Blood Pressure Reading



Systolic is the first number, diastolic is the second number. (Eg. 140/90: Systolic=140; Diastolic=90)

Click **Save**.

## VIEWING YOUR BLOOD PRESSURE RESULTS

Select **Chart** or **Table** to view past blood pressure readings.

Please Note:

<sup>1</sup>You may need to refresh the page to view the most recent readings.

<sup>2</sup>Only the best reading per day is displayed.

### Setting Goals

You can set a goal for your blood pressure by selecting the **Goals** tab. Select the date you wish to achieve your goal, and enter the goal systolic or diastolic measure you wish to achieve. Your doctor or nurse practitioner can help you establish an appropriate blood pressure target.

