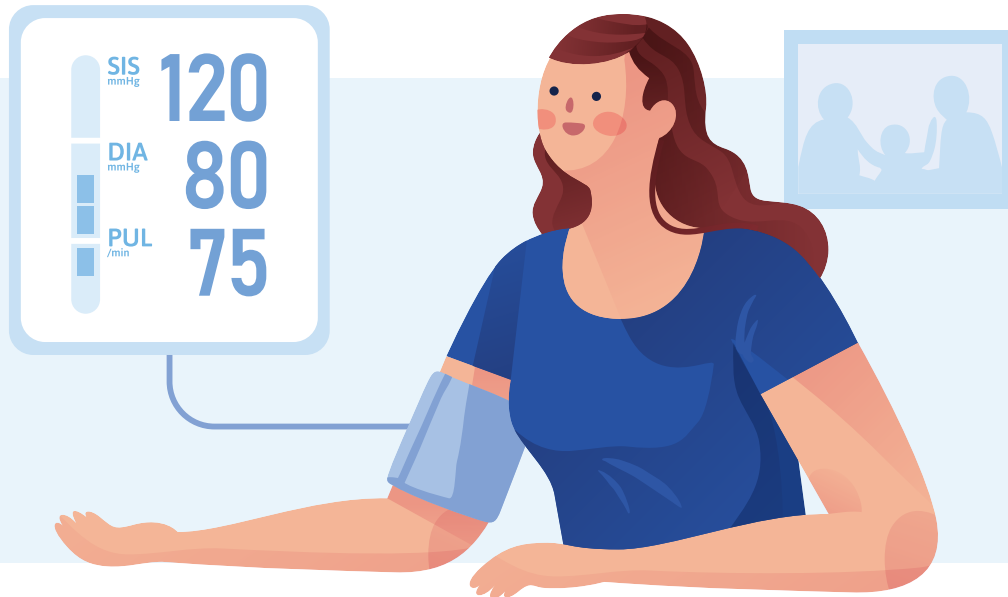


# Help with Monitoring your Blood Pressure at Home



**It is an important part of your kidney care and overall health!**

Talk with your kidney care team about:



Choosing a monitor



How to use it



What to do with abnormal results

## More Information / Resources



BCRenal.ca ▶ Health Info ▶ Kidney Care (Non Dialysis)  
▶ Resources for Kidney Patient ▶ Taking your Blood Pressure at Home