

Vitals for Patients

As part of our ongoing commitment to your health and safety, we want to remind you of the importance of regularly monitoring your vitals while on ADHD medication. This practice helps us ensure the continued safe use of your treatment, as ADHD medications can have effects on the heart, such as changes in blood pressure or heart rate.

- **Monitoring Frequency:** If your vitals are stable, we'll monitor them at least every 3 months. If we observe any changes, we may need to check your vitals at every visit to ensure your safety.
- **Where to Monitor:** You have options for where to collect your vital signs:
 - At your local pharmacy.
 - At your Primary Care Provider (PCP)'s office.
 - Through home monitoring, for your convenience.
- **Home Monitoring Recommendation:** For those choosing home monitoring, we recommend using one of the below cuffs. They are known for their reliability and accuracy straight out of the box.
 - Greater Goods Blood Pressure Monitor - Complete BP Machine \$39.99
 - Automatic Arm Blood Pressure Monitor with Smart Measure Technology \$39.99
 - 3 Series® Wrist Blood Pressure Monitor \$44
 - 1500 Series Upper Arm Blood Pressure Monitor with Easy Bluetooth Smartphone Connectivity RPM-BP100 \$65.50
 - OMRON Gold Blood Pressure Monitor, Premium Upper Arm Cuff, Digital Bluetooth Blood Pressure Machine \$78
 - If you have an FSA/HSA account, a blood pressure monitor should be reimbursable with your plan.
 - Some insurance plans will also pay for a BP monitor, check your benefits to see if eligible
- **Calibration:** To ensure ongoing accuracy, please bring your BP cuff to your PCP for calibration and plan to recalibrate it every two years. This simple step is crucial for maintaining the integrity of your readings.