

[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Phone Number]
[Date]
[Doctor's Name]
[Doctor's Office/Clinic Name]
[Office Address]
[City, State, Zip Code]

Dear [Doctor's Name],

Subject: Request for Hypertension Monitoring

I hope this letter finds you well. I am writing to discuss my current health condition concerning hypertension management. As we previously discussed during my last visit on [Date of Last Visit], I would like to establish a more regular monitoring plan for my blood pressure.

To ensure that my condition is managed effectively, I would appreciate your guidance on the following:

1. Recommended frequency of blood pressure measurements.
2. Any specific targets or ranges I should aim for.
3. Instructions on lifestyle changes or medication adjustments based on my readings.
4. Suggestions for tracking my blood pressure readings for our next appointment.

Please let me know if you would like me to schedule a follow-up appointment for a more detailed discussion or if there are any additional resources you recommend.

Thank you for your attention to this matter. I look forward to your advice.

Sincerely,
[Your Name]