

[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: Hypertension Progress Report

I hope this letter finds you well. I am writing to provide an update on my hypertension management progress since my last visit on [last appointment date].

1. **Blood Pressure Readings:**

- [Date 1]: [Reading 1]
- [Date 2]: [Reading 2]
- [Date 3]: [Reading 3]

2. **Medication Compliance:**

- Current medications: [List medications]
- Adherence status: [Describe adherence]

3. **Lifestyle Modifications:**

- Dietary changes: [Describe changes]
- Physical activity: [Describe routine]
- Stress management: [Describe techniques]

4. **Symptoms/Concerns:**

- [List any symptoms or concerns]

5. **Next Steps:**

- [Outline any recommended changes or follow-up actions]

Thank you for your continued care and support in managing my hypertension. I look forward to our next appointment on [next appointment date].

Sincerely,

[Your Name]

[Your Signature (if sending a hard copy)]