

[Your Practice Name]
[Your Practice Address]
[City, State, ZIP Code]
[Phone Number]
[Email Address]
[Date]

[Patient's Name]
[Patient's Address]
[City, State, ZIP Code]

Dear [Patient's Name],

Subject: Hypertension Management Plan

I hope this letter finds you well. After our recent consultation regarding your hypertension, I would like to summarize our discussion and outline your management plan.

****Diagnosis:****

- Hypertension (High Blood Pressure)

****Current Medications:****

- [List medications, dosages, and frequency]

****Lifestyle Modifications:****

- Diet: Focus on [e.g., DASH diet, reduced salt intake]

- Exercise: Aim for [e.g., 150 minutes of moderate aerobic activity weekly]

- Weight Management: [Discuss target weight if applicable]

- Alcohol: Limit intake to [specify amount or zero]

- Smoking Cessation: [Encourage strategies/resources]

****Monitoring:****

- Blood Pressure: Measure at home [provide instructions]

- Follow-up Appointment: [Schedule next appointment date]

****Goals:****

- Target Blood Pressure: [e.g., < 130/80 mmHg]

- Review Labs: [Outline any necessary lab work]

****Please feel free to reach out with any questions or concerns. Your health is our priority, and I am here to support you on your journey to better health.****

Sincerely,

[Your Name]

[Your Title]

[Your Practice Name]

[Contact Information]