

how to get a blood pressure monitor with your health insurance

1. Contact your provider

- Schedule an appointment with your provider to talk about your blood pressure treatment plan. Ask what blood pressure ranges you should maintain.

2. Get a prescription

- During your appointment, ask for a prescription for a blood pressure monitor.

3. Order from an in-network medical supply company

- Have your provider send a prescription for an automatic blood pressure monitor to a medical supply company. They should include a copy of your contact information and diagnosis in the request.
- You can also get a printed copy of your prescription. Then bring it to a medical supply company near you.



4. Learn how to measure your blood pressure

- Once you get your blood pressure monitor, learn how to measure your blood pressure at home. Your provider can help.
- Record your readings on your blood pressure log. Bring the log to review with your provider at each visit.

Need Assistance? Call Meridian Member Services at **866-606-3700** (TTY: **711**) if you have questions about your benefits. Meridian or your provider can find an in-network medical supply company near you. Some companies can also mail a blood pressure monitor.



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Español (Spanish): ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **866-606-3700** (TTY: **711**).

Polski (Polish): UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **866-606-3700** (TTY: **711**).