

Community Resources

- Genesis Health Clinic
2815 S. Seacrest Blvd
Boynton Beach, FL 33435
Phone: 561-735-6553
- Mission Medical Center
9600 W. Atlantic Ave
Delray Beach, FL 33446
Phone: 561-637-2757
- Caridad Health Clinic
8645 W. Boynton Beach Blvd.
Boynton Beach, FL 33472
Phone: 561-737-6336



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STRONG HEART. STRONG COMMUNITY.

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Heart Rate: A resting rate over 100 or less than 50 beats per minute may indicate a problem that needs treatment. Please see a medical practitioner within the week.

Irregular Rhythm- If your test shows you have an irregular rhythm, you should see a medical practitioner within the 100 or less than 50 beats per minute may indicate a problem that needs treatment. Please see a medical practitioner within the week.

www.strong-heart.org

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When to seek help

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Strong Heart Foundation

My Blood Pressure Wallet Card

Use this Wallet Card to track your Blood Pressure, Heart Rate, Heart Rhythm and follow up visits with your physician.

See back for available resources.



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Blood Pressure Values

Date/Time	Systolic/Diastolic BP	Regular Rhythm	Heart Rate	Referral / Follow up
01/01/19 9:00am	120/80	YES	75	NO



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Blood Pressure Values

Date/Time	Systolic/Diastolic BP	Regular Rhythm	Heart Rate	Referral / Follow up
01/01/19 9:00am	120/80	YES	75	NO

If your Blood Pressure is over 150/94 you should see a medical person within the week.

*** A Blood Pressure above 180/110 is dangerous. Call your doctor, or go to an Urgent Care Center or hospital today!**

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