



Sending a Blood Pressure to Your Provider Using the MyWellness Patient Portal- A Patient's Guide



You can send your blood pressure to your provider by using a tablet, smartphone or computer. If sending your blood pressure using a computer, **start on page 4**.

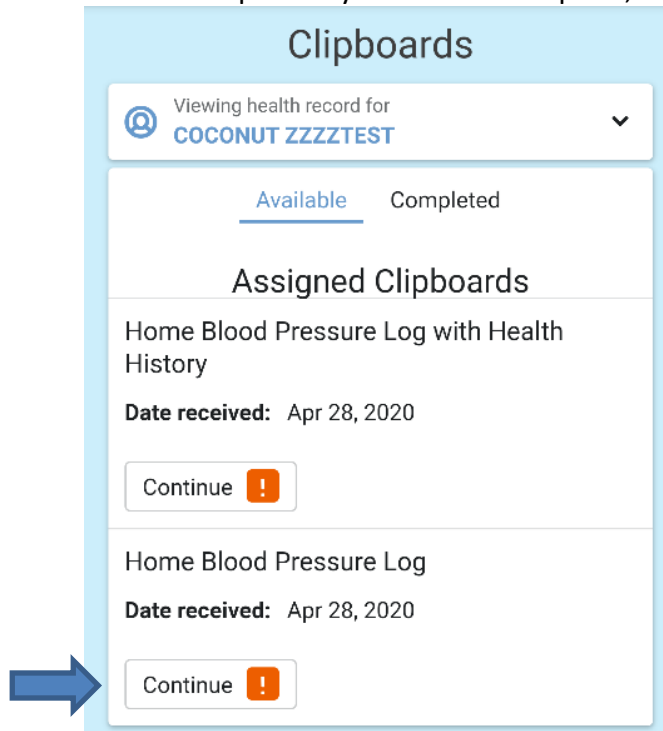
Sending a blood pressure using a tablet or smartphone:

1. Log into the HealthLife  app.

2. Click on **Clipboards to complete**.



3. Find the clipboard you want to complete, click **Continue**.



4. Type in the **Date of Reading** (the date when you took your blood pressure), the **Systolic Blood Pressure (Top number)**, and the **Diastolic Blood Pressure (Bottom number)**. You can also enter your **Heart Rate (Pulse)**. Put the information in the appropriate fields on the form, then click **Next**. **NOTE:** You may need to scroll to see the **Next** button

Home Blood Pressure Log

Part 1 of 2

* **Date of Reading**
07/21/2020
Enter date in MM/DD/YYYY format.

* **Systolic Blood Pressure (Top number)**
108
Enter value in mmHg.

* **Diastolic Blood Pressure (Bottom number)**
70
Enter value in mmHg.

Heart Rate (Pulse)
82

< Previous Next >

5. You can **Submit Answers** or **Review Answers** you entered. To review answers, click on the **Home Blood Pressure Log**. To submit answers without reviewing them first, click on the **Submit Answers** button.

Review and Submit

Part 2 of 2

For COCONUT ZZZZTEST

Submit Submit Answers

Review Answers

▶ Home Blood Pressure Log Edit

Submit Answers

You will receive a confirmation.

Overview

[Back to Clipboard List Page](#)

✔ Your forms have been submitted! Your provider will review the information you provided during your visit. Changes will not be reflected in your Health Record until reviewed by your provider.

Any information entered will not be reflected in your permanent health record until reviewed by your provider. These forms should not be used for urgent matters and will only be reviewed around the time of your scheduled appointment.

For **COCONUT ZZZZTEST**

Home Blood Pressure Log
(Completed on Jul 29, 2020)

Please complete this section to the best of your abilities.

Congratulations, you have sent your blood pressure to your provider. Fill out a separate form for each blood pressure.

Sending a blood pressure using a computer:

1. Go to <http://dhs.lacounty.gov/mywellness>.
2. Log into the **MyWellness Patient Portal**.
3. Click on **Clipboards to complete**.

LOS ANGELES COUNTY HEALTH AGENCY

Find Clinic / Hospital

View Appointments

COVID-19 FAQs

Staying Healthy Assessment

1 Clipboard to complete
You have an assigned Clipboard to complete in preparation for an upcoming appointment or as part of transferring information to your health providers.

PREVENT CORONAVIRUS
Take these steps to prevent COVID-19.

Home

DHS.LACOUNTY.GOV

Health Record

Messaging 10

Appointments

Campus Maps


Prescription Renewal

4. Find the clipboard you want to complete, click **Continue**.

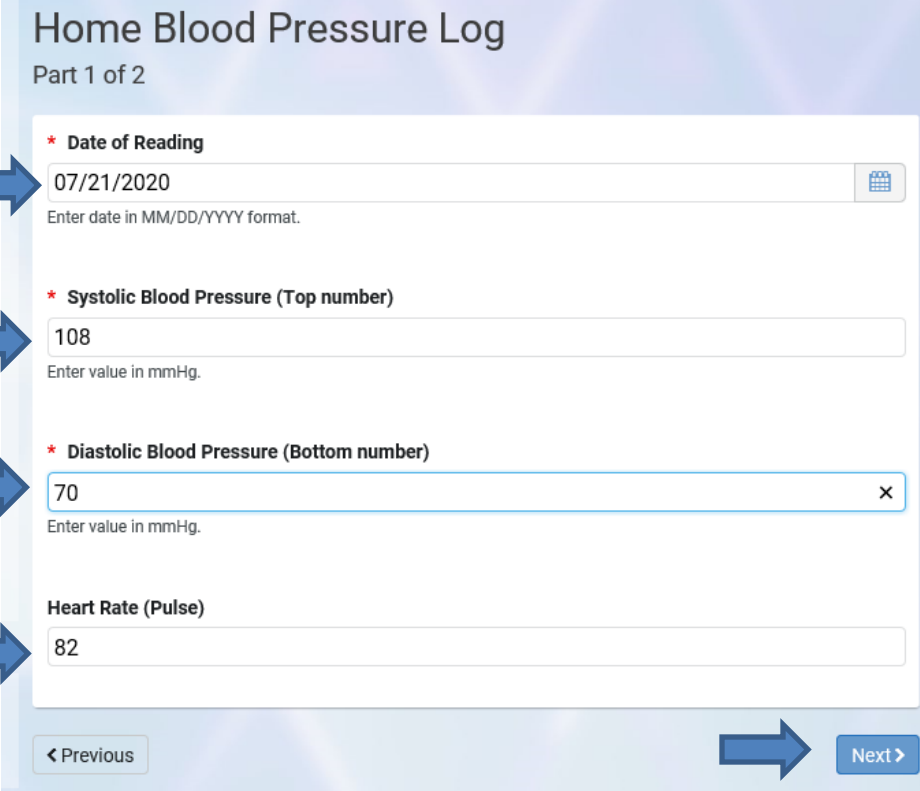
Assigned Clipboards

Home Blood Pressure Log

Date received: Sep 26, 2019

Continue 

5. Type in the **Date of Reading** (the date when you took your blood pressure), the **Systolic Blood Pressure** (Top number), and the **Diastolic Blood Pressure** (Bottom number). You can also enter your **Heart Rate** (Pulse). Put the information in the appropriate fields on the form, then click **Next**



Home Blood Pressure Log
Part 1 of 2

* **Date of Reading**
07/21/2020
Enter date in MM/DD/YYYY format.

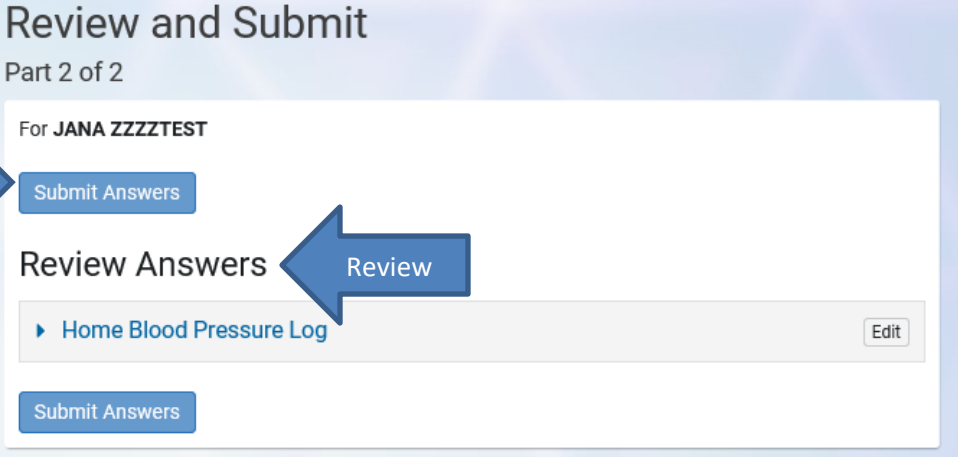
* **Systolic Blood Pressure (Top number)**
108
Enter value in mmHg.

* **Diastolic Blood Pressure (Bottom number)**
70
Enter value in mmHg.

Heart Rate (Pulse)
82

< Previous Next >

6. You can **Submit Answers** or **Review Answers** you entered. To review answers, click on the **Home Blood Pressure Log**. To submit answers without reviewing them first, click on the **Submit Answers** button.



Review and Submit
Part 2 of 2

For JANA ZZZZTEST

Submit Submit Answers

Review Answers Review

▶ Home Blood Pressure Log Edit

Submit Answers

You will receive a confirmation.

Overview

[Back to Clipboard List Page](#)

✔ Your forms have been submitted! Your provider will review the information you provided during your visit. Changes will not be reflected in your Health Record until reviewed by your provider.

For **JANA ZZZZTEST**

Home Blood Pressure Log (Completed on Jul 21, 2020)

Please complete this section to the best of your abilities.

Congratulations, you have sent your blood pressure to your provider. Fill out a separate form for each blood pressure.