



allcare
Medical Group

Blood Pressure Log

	SBP	DBP
Target*		

[illegible]

*Consult your doctor to determine your target blood pressure.

Douglas
(541) 476-7000

Glendale
(541) 832-5400

Illinois Valley
(541) 450-3625

Mountainview
(541) 471-2701

Rogue
(541) 244-2197

Shady Cove
(541) 878-2022

WellSpring
(541) 474-6053