

How to Access a Blood Pressure Reading

In order to provide you with quality gender affirming hormone therapy at Planned Parenthood Southeastern Pennsylvania (PPSP), your clinical team requires regular blood pressure readings.

To begin hormone therapy with PPSP, you **must** provide a blood pressure reading taken within 3 months or less *before* your intake appointment.

Be sure to write down your blood pressure reading at the time it is taken or obtain a printed record of the reading from the clinic or facility you visit.

Below are various ways you can access a blood pressure reading. If you are having trouble, you can contact the GAC social work team for assistance at 215-351-5561.

Buy your own blood pressure cuff

You can purchase your own blood pressure cuff online or in person at pharmacies (such as CVS, Rite Aid, Walgreens) or retailers (such as Target, Walmart, Amazon). The cost can range from \$15-100.

Use a pharmacy blood pressure cuff

Check if your local pharmacies have a blood pressure cuff available for public use. We recommend taking measures to sanitize the blood pressure cuff and your hands before and after use.

Schedule a visit at your nearest CVS Minute Clinic

You can schedule a CVS Minute Clinic visit at <https://www.cvs.com/minuteclinic/reserve-online>, select “Wellness, Screening, Monitoring” for your reason for visit, and request a blood pressure reading.

You can use your insurance to cover your visit or pay \$99-139 out-of-pocket without insurance.

Order a blood pressure reading to LabCorp

At your intake appointment, you can ask your Planned Parenthood hormone prescriber to submit an order for a blood pressure reading to LabCorp. You can then schedule an appointment at your nearest LabCorp facility by visiting <https://www.labcorp.com/>.

You can use your insurance to cover your visit or pay \$40 out-of-pocket without insurance.