

Gender Affirming Care Services**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.

If you are accessing care through telemedicine, you can either provide a blood pressure reading you obtained independently, or get one with the rest of your labwork (free at a PPSP health center, \$5-25 out-of-pocket at Labcorp).

Below are various ways you can access a blood pressure reading independently. 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. If you are having trouble, you can contact the GAC Support Team for assistance: (215) 351-5561 / gac@ppsp.org.

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 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.