

How to Access a Blood Pressure Reading

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

To begin hormone therapy with PPKEY, 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 Patient Navigators for assistance at (267) 668-3570

Visit your local Planned Parenthood Keystone Location

You can walk in to your closest center and request a blood pressure reading. We recommend you call before you arrive, as this service may not be available every day. Our Patient Navigators can assist you. Locate your closest center on ppkeystone.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.