

Physical Health Readings – Information for Patients

The Importance of Physical Health Readings

For us to prescribe medication safely, we must have up-to-date physical health data.

At Your First Appointment

We require your **height, weight, Blood Pressure (BP), and Heart Rate (HR)**.

- **Why?** Without these vital readings, our clinicians cannot verify that the medication is safe for your body.
- **Impact:** Failing to provide these at your first appointment will **delay your first prescription** as we cannot issue medication until these safety checks are completed.

During Your Treatment Cycle

We must continue to monitor your **Blood Pressure (BP)** and **Heart Rate (HR)** throughout your treatment.

- **Safety Checks:** If these readings are not provided when requested, we will have to **delay your next prescription**.
- **Consequence:** This may lead to periods where you have no medication available until you can be seen for a physical health check or are able to provide them.

If you have any questions about this policy or need help recording your health readings, please **speak to a member of our team**—we are here to support you.