

Make refilling medication convenient and easy with RediMD

RediMD specializes in refilling all medications. If your doctor's office is taking too long to refill your medications, requesting too many visits, or you want to simplify the process, RediMD is here to help. We refill most medications for a year to make it convenient for you. To refill your medication, make an appointment with RediMD or ask your pharmacy to switch your refill requests to be sent to RediMD's Medical Director, Dr. Walter Holmsten, MD.



Health Tip: Hypertension

Stunning as it may sound, a 2023 report from the American Heart Association found that nearly half of Americans ages 20+ years – or more than 122 million people – have high blood pressure. So, there is a 50% this may include you.

- What is it? High blood pressure (hypertension) is a common condition that affects the body's arteries. If you have hypertension, the force of the blood pushing against the artery walls is consistently too high. The heart has to work harder to pump blood. This effects your heart, kidney, eyes, and many other parts of the body.
- How do I know if I have it? Measure your blood pressure.
 - *Normal* blood pressure is 120/80 mm Hg or lower.
 - *Elevated* blood pressure has a top number of 120 to 129 mm Hg and a bottom number is below, not above, 80 mm Hg.
 - *Hypertension* has a top number from 130 to 139 mm Hg or higher and the bottom number is between 80 and 89 mm Hg or higher
- How often should I screen? It depends on your history. If you have no personal/family history of high blood pressure, screen annually. If you have no personal history of high blood pressure, but do have blood-related family members with hypertension, screen at least twice a year. Patients with well-controlled hypertension should screen once a week and have medications filled annually. Patients with not well-controlled hypertension should screen daily and follow up with a healthcare provider weekly until controlled.
- How's it treated? Hypertension is easily treated with prescriptions.

If you've had elevated blood pressure readings or concerns about hypertension, make an appointment with us at RediMD today!



Examples of Medications RediMD Refills

Diabetes • Test Strips • Blood Pressure
Asthma • Inhalers • Birth Control • Thyroid Cholesterol
Anti-Inflammatory • Overactive Bladder
Erectile Dysfunction • Allergy • Acne • Skin Condition
Hormone • Gastrointestinal • Eye Drops • Anxiety
Mental Health • Antidepressants • Migraine

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