
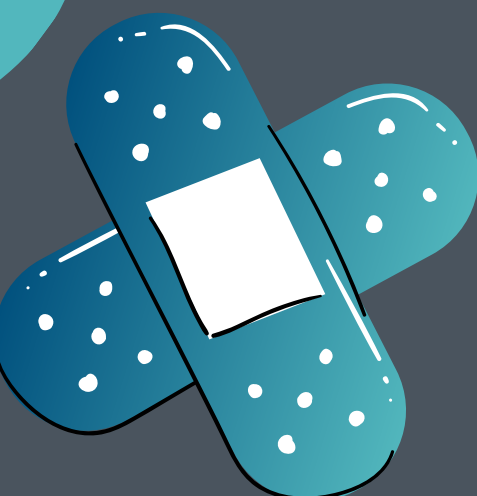
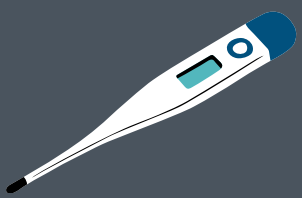


# Vital Signs



**Vital Signs** help provide a snapshot of your overall health and body function for the clinician at the visit.

## What Are Vital Signs?



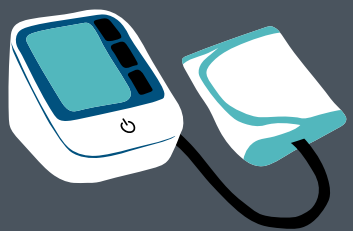
**Body Temperature:** Your body temperature is measured using a thermometer. Measuring your body temperature can help detect illness.



**Heart/Pulse Rate:** The number of times your heart beats per minute. This is a good way to make sure your heart is healthy and strong!



**Respiratory/Breathing Rate:** The number of breaths you take per minute. This is a way to check to make sure your lungs are healthy!



**Blood Pressure:** This measures how hard your heart is pumping to move blood throughout your body. This is another good way to check the health of your heart!



**How often are vital signs checked?** A nurse will check your vital signs at each visit with your clinician. Checking vital signs at every visit is a helpful way to detect and monitor any medical changes in your body.

### Questions?

If you have questions or would like more information about vital signs, ask the nurse or your clinician.

