

Smart Meter's 2025 Blood Pressure Survey

Q1: On average, how many times per day do you test your blood pressure?

ANSWER CHOICES	RESPONSES	
Once	86.00%	172
Twice	8.50%	17
Three or more times	5.50%	11
TOTAL		200

Q2: How many times a year do you see a health care professional for high blood pressure?

ANSWER CHOICES	RESPONSES	
Less than once	6.50%	13
Once	21.00%	42
Twice	42.50%	85
Three times	15.00%	30
Four or more times	15.00%	30
TOTAL		200

Q3: In meeting with your health care professional, does he or she review your blood pressure results and trends?

ANSWER CHOICES	RESPONSES	
Always	67.50%	135
Often	18.00%	36
Sometimes	10.50%	21
Rarely	2.50%	5
Never	1.50%	3
TOTAL		200

Q4: Does your health care provider recommend changes to your high blood pressure treatment based on the readings from your blood pressure monitor?

ANSWER CHOICES	RESPONSES	
Always	17.00%	34
Often	12.00%	24
Sometimes	36.00%	72
Rarely	23.00%	46
Never	12.00%	24
TOTAL		200

Q5: Have you heard of “remote patient monitoring” (RPM) where your doctor receives your blood pressure readings between visits directly from your blood pressure monitor so that he/she can make sure your blood pressure is ok and make recommendations for changes if needed between office visits?

ANSWER CHOICES	RESPONSES	
No, I have never heard of remote patient monitoring	60.50%	121
Yes, I have heard of remote patient monitoring, but I am not enrolled in a program	37.50%	75
Yes, I am in a remote patient monitoring program now	2.00%	4
TOTAL		200

Q6: If you answered yes to No. 5, are your blood pressure readings being sent remotely immediately after testing to your healthcare provider?

ANSWER CHOICES	RESPONSES	
Yes	8.50%	17
No	66.50%	133
Not sure	25.00%	50
TOTAL		200

Q7: Does the blood pressure monitor you use include a feature that can remotely send your reading to your health care provider via Bluetooth or cellular connection?

ANSWER CHOICES	RESPONSES	
Yes, Bluetooth with a smartphone app	10.50%	21
Yes, cellular	2.50%	5
No, neither	71.50%	143
Not sure	15.50%	31
TOTAL		200

Q8: If your blood pressure monitor uses Bluetooth and Wifi to send your readings to your provider, how often do you have issues with the transmission?

ANSWER CHOICES	RESPONSES	
Always	3.00%	6
Often	2.50%	5
Sometimes	3.50%	7
Rarely	2.50%	5
Never	7.00%	14
N/A	81.50%	163
TOTAL		200

Q9: What is your level of agreement: remote patient monitoring might help me to better manage my blood pressure day to day between visits to my doctor's office.

ANSWER CHOICES	RESPONSES	
Highly agree	16.00%	32
Agree	36.50%	73
Neither agree nor disagree	38.50%	77
Disagree	8.00%	16
Highly disagree	1.00%	2
TOTAL		200

Q10: Would you test more consistently knowing your blood pressure readings were being sent to your health care provider for regular review?

ANSWER CHOICES	RESPONSES	
Much more likely	20.00%	40
More likely	38.00%	76
Would not change my testing consistency	30.00%	60
Unlikely	11.50%	23
Much more unlikely	0.50%	1
TOTAL		200

Q11: Do you take your blood pressure monitor with you when you travel?

ANSWER CHOICES	RESPONSES	
Yes	42.00%	84
No	58.00%	116
TOTAL		200

Q12: Device Type

ANSWER CHOICES	RESPONSES	
iOS Phone / Tablet	40.50%	81
Android Phone / Tablet	37.50%	75
Other Phone / Tablet	0.00%	0
Windows Desktop / Laptop	15.50%	31
MacOS Desktop / Laptop	5.50%	11
Other	1.00%	2
TOTAL		200

Q13: Gender

ANSWER CHOICES	RESPONSES	
Male	47.00%	94
Female	53.00%	106
Non-binary	0.00%	0
A gender not listed here	0.00%	0
Prefer not to answer	0.00%	0
TOTAL		200

Q14: Household Income

ANSWER CHOICES	RESPONSES	
\$0-\$9,999	4.50%	9
\$10,000-\$24,999	16.50%	33
\$25,000-\$49,999	23.00%	46
\$50,000-\$74,999	17.50%	35
\$75,000-\$99,999	12.00%	24
\$100,000-\$124,999	14.00%	28
\$125,000-\$149,999	6.00%	12
\$150,000-\$174,999	4.50%	9
\$175,000-\$199,999	2.00%	4
\$200,000+	0.00%	0
Prefer not to answer	0.00%	0
TOTAL		200

Q15: Age

ANSWER CHOICES	RESPONSES	
< 18	0.00%	0
18-29	0.00%	0
30-44	0.00%	0
45-60	33.50%	67
> 60	66.50%	133
TOTAL		200

Q16: Major US Region

ANSWER CHOICES	RESPONSES	
East North Central	14.72%	29
East South Central	7.61%	15
Middle Atlantic	14.21%	28
Mountain	7.11%	14
New England	6.09%	12
Pacific	13.71%	27
South Atlantic	20.81%	41
West North Central	8.12%	16
West South Central	7.61%	15
US Territories	0.00%	0
TOTAL		197

Q17: Health Issues

ANSWER CHOICES	RESPONSES	
Allergies	50.00%	100
Anemia	8.50%	17
Anxiety Disorders	24.50%	49
Asthma	15.00%	30
Attention Deficit Disorder	6.50%	13
Bipolar Disorder	8.00%	16
Crohn's Disease	0.50%	1
Chronic Dry Eye	10.00%	20
Chronic Obstructive Pulmonary Disease	9.00%	18
Chronic Pain	29.50%	59
Deep-vein Thrombosis	0.50%	1
Depression	27.50%	55
Gastrointestinal Disorders	24.50%	49
High Cholesterol	56.00%	112
Hypertension	100.00%	200
Hypothyroidism	10.00%	20
Insomnia	17.50%	35
Neuropathic Pain	22.50%	45
Osteoarthritis	25.50%	51
Rheumatoid Arthritis	10.50%	21
Type 1 Diabetes	3.00%	6
Type 2 Diabetes	27.50%	55
I do not suffer from any of these ailments	0.00%	0
TOTAL		200

Contact Smart Meter today to learn more.

www.smartmeterrpm.com | 1-813-773-4080



SMARTMETER
Engaging Health Data

6005 Benjamin Rd
Suite A
Tampa, FL 33634
www.smartmeterrpm.com
813-773-4080
0525