

# Vitals Defined

Announcer It's time for...What's That Mean?

Announcer Today: Vitals

Lucy It's important for your care team to know how you're doing, so they will be collecting your vitals.

Lana We take "vitals" to measure things like blood pressure, temperature, weight, and pulse ox.

Lana All of these things tell a very important story about your body.

Lucy You might even say, they tell a vital story about your body.