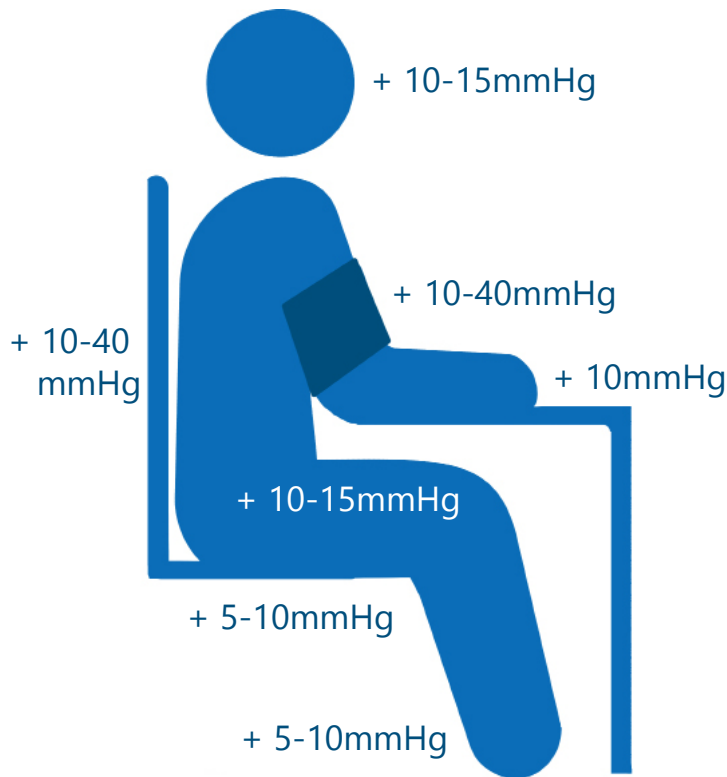


7 SIMPLE TIPS

for at-home blood pressure monitoring.

Following these 7 simple tips may help you get an accurate blood pressure reading.



Don't Have a Conversation

Talking adds 10–15mmHg



Put Cuff on Bare Arm

Cuff over clothing adds 10–40mmHg



Empty Bladder

Full bladder adds 10–15mmHg



Support Feet

Unsupported feet add 5–10mmHg



Support Back

Unsupported back adds 5–10mmHg



Support Arm at Heart Level

Unsupported arm adds 10mmHg



Keep Legs Uncrossed

Crossing legs adds 5–10mmHg

Blood Pressure Category	Systolic mmHg (Upper Number)	And/Or	Diastolic mmHg (Lower Number)	Recommendation
Normal	< 120	And	< 80	Stick with heart-healthy habits
Elevated	120 - 129	And	< 80	Take steps to control the condition
High Blood Pressure (Hypertension) Stage 1	130 - 139	Or	80 - 89	Talk to your doctor about recommendations
High Blood Pressure (Hypertension) Stage 2	≥ 140	Or	≥ 90	Talk to your doctor about recommendations
Hypertensive Crisis	≥ 180	And/Or	≥ 120	Seek medical attention immediately

mmHg
millimeters of mercury,
a unit of pressure



HOW TO CORRECTLY MEASURE YOUR BLOOD PRESSURE

The Importance of Self-Measuring Blood Pressure

Measuring your blood pressure at home and sharing measurements with your doctor have been shown to improve blood pressure control. By providing your doctor with more blood pressure measurements than would normally be taken in the office, your doctor will have a better idea of how well your diet, exercise and medicines are working to control your high blood pressure when you are not in the office.



Prepare by:

- Not participating in vigorous physical activity within 30 minutes of taking your blood pressure
- Not drinking coffee, regular/diet caffeinated soda, alcohol, or smoking within 30 minutes of taking your BP
- Emptying your bladder and bowel right before taking your BP
- Sitting calmly for 5 minutes before taking your BP
- Using a cuff that is the right size for your arm



Cuff sizes:

- Small adult: 9 – 10 in. arm circumference (22 – 26 cm)
- Standard adult: 11 – 13 in. arm circumference (27 – 34 cm)
- Large adult: 14 – 17 in. arm circumference (35 – 44 cm)
- Adult thigh: 18 – 21 in. arm circumference (45 – 52 cm)

Work with your doctor or pharmacist to ensure a proper fit.

Self-Measured Blood Pressure Tracking Form

Decide with your doctor or care team if you should use this form. You may not need to use it if your blood pressure device is able to store your readings and you are able to share those readings with your clinician.

Click the form to download.

Blood Pressure Log

Week One Dates: _____ Week Two Dates: _____

	Measure (mmHg)		AM	PM
	Systolic	Diastolic		
Sunday	_____	_____	_____	_____
Monday	_____	_____	_____	_____
Tuesday	_____	_____	_____	_____
Wednesday	_____	_____	_____	_____
Thursday	_____	_____	_____	_____
Friday	_____	_____	_____	_____
Saturday	_____	_____	_____	_____

My Blood Pressure Goal: _____ mmHg

HQIN