

HOW TO TAKE YOUR BLOOD PRESSURE AT HOME

Knowing if you have high blood pressure and controlling it depend on **CORRECT READINGS.**

Top Number:
SYSTOLIC (mm Hg)
The pressure or force in the arteries when the heart beats

Bottom Number:
DIASTOLIC (mm Hg)
The pressure measured between heartbeats

ATTENTION!
Blood pressure readings taken at home may be lower than those taken in an office.

NORMAL

below
120

below
80

ELEVATED

120
to
129

below
80

HIGH

STAGE 1	STAGE 2
130 to 139	140 and above
80 to 89	90 and above

Also called *Hypertension*

STEPS TO MAKE SURE BLOOD PRESSURE NUMBERS YOU TAKE AT HOME ARE RIGHT



SELECT A DEVICE THAT IS ACCURATE

- If you need help, ask your health care professional.
- Bring the monitor to your next health visit to check that the readings match results taken in the office.



BEFORE YOU TAKE A READING

- Don't smoke, drink caffeinated beverages, or exercise for 30 minutes.
- Rest for at least 5 minutes.



SIT CORRECTLY

- Sit up straight in a firm chair, with back supported.
- Place feet flat on the floor.
- Rest arm comfortably at heart level on a table.



PLACE CUFF ABOVE THE BEND IN THE ELBOW

- Make sure the cuff fits properly.



TAKE AT LEAST 2 READINGS, 1 MINUTE APART

- In the morning before taking your blood pressure medicine (if any) and in the evening before supper.



RECORD YOUR RESULTS

- Write them down in a journal or use CardioSmart's Blood Pressure Tracker.
- Bring the results to your next health visit.

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

➔ Go to [CardioSmart.org/HighBP](https://www.cardiosmart.org/HighBP) to learn more about High Blood Pressure.