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.

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**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.

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

Go to **CardioSmart.org/HighBP** to learn more about High Blood Pressure.