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

**NORMAL**
- below 120
- below 80

**ELEVATED**
- 120 to 129
- 80 to 89

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

Also called **Hypertension**

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

**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 to learn more about High Blood Pressure.

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