HOW TO TAKE YOUR **BLOOD PRESSURE AT HOME**



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

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.

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 heartheats

ATTIENTION

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



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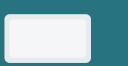
ELEVATED

120 below

HIGH

STAGE 2

Also called Hypertension



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

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



