

Importance of Self-Measuring Blood Pressure

You can help control your blood pressure (BP) by taking measurements at home. Share results with your doctor. This will help your doctor have a better idea of how well your diet, exercise and medicines are working.

When measuring your own BP, make sure you know what to do if it is too high or if you don't feel well. Know when to seek emergency treatment. Make a plan with your doctor or nurse before you begin home blood pressure monitoring.

Choosing a Home Blood Pressure Monitoring Device

- Upper arm blood pressure monitors are most accurate.
- Some blood pressure monitors take measurements from your wrist and finger. These are less accurate. These are not recommended.
- Some monitors have larger displays. These are easier to read.
- Some monitors can connect with your smart phone. These can track your blood pressure readings.
- Always purchase a monitor that has the correct size cuff for your arm.

Recommended Cuff Sizes for Accurate Measurement of Blood Pressure

Arm Circumference	Cuff Size
22 to 26 cm	12 x 22 cm (small adult)
27 to 34 cm	16 x 30 cm (adult)
35 to 44 cm	16 x 36 cm (large adult)

Additional Resources

Weight control: cdc.gov/healthyweight/index.html

Exercise: cdc.gov/physicalactivity/index.html

DASH eating plan: nhlbi.nih.gov/files/docs/public/heart/dash_brief.pdf

Limiting alcohol use: cdc.gov/alcohol

Quitting smoking: cdc.gov/tobacco



KNOW YOUR GOALS

Self-Measured Blood Pressure Monitoring



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3 STEPS FOR REACHING YOUR BLOOD PRESSURE GOALS

1 CHECK Your BP Numbers



Blood Pressure Category	Systolic mmHg (Top #)		Diastolic mmHg (Bottom #)	
	Normal / Ideal	less than 120	and	less than 80
<u>Prehypertension</u>	120-139	or	80-90	
Hypertension stage 1	140-159	or	90-99	
Hypertension stage 2	160 or higher	or	100 or higher	
Hypertensive crisis	higher than 180	or	higher than 110	

STAGE 1 HYPERTENSION Treatment may include:

- Key lifestyle changes to bring your BP down to a healthier range
- Practice these lifestyle changes by building new, healthier habits
- Take a medication if one is prescribed for you (most likely thiazide, which is a “water pill” or diuretic)

STAGE 2 HYPERTENSION Treatment may include:

- Key lifestyle changes to bring your BP down to a healthier range
- Build new habits and consider working with a coach or Heart360
- Take the medications that are prescribed to lower your BP

HYPERTENSIVE CRISIS calls for immediate medical care.

3 CONTROL & Reach Your BP Goal

KEY LIFESTYLE OPPORTUNITIES TO LOWER YOUR BLOOD PRESSURE:



REDUCE WEIGHT
↓ 5-20 mmHg



PHYSICAL ACTIVITY
↓ 4-9 mmHg



ADOPT D.A.S.H. EATING PLAN
↓ 8-14 mmHg



MODERATION OF ALCOHOL CONSUMPTION
↓ 2-4 mmHg



LOWER SODIUM INTAKE
↓ 2-8 mmHg



QUIT SMOKING
↓ 2-4 mmHg

2 CHANGE & Recheck

- Commit to the process of improving your BP.
- Set small, achievable goals and watch your numbers improve.

RECOMMENDED

- **STAGE 1:** Recheck in 3 months or as prescribed
- **STAGE 2:** Recheck in 2 weeks or as prescribed

OTHER TIPS FOR REACHING YOUR GOAL:

- Keep the longterm goal in mind: lower risks and a healthier life
- Get support from friends and family
- Celebrate each small change and improvement!