

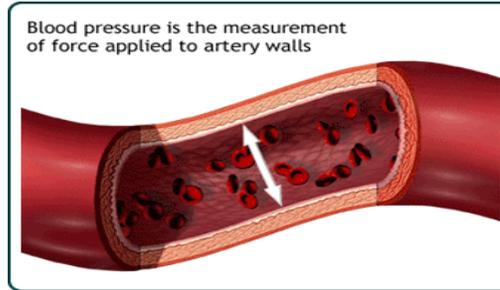
What is Blood Pressure?

High blood pressure is also known as hypertension. Blood pressure (BP) measures the pressure of the blood against your blood vessel walls. Your BP goes up and down throughout the day, but if it is up for a long time, it can cause serious health problems.

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.

Always Measure Accurately

- Avoid checking your blood pressure if you have eaten a big meal, exercised, smoked, used caffeine or taken decongestants in the past 30 minutes.
- Use the bathroom before you begin.
- Sit quietly for five minutes in a comfortable position.
- Sit in a chair with back support.
- Sit with your legs uncrossed and your feet flat on the floor or a step stool.
- Support your arm on a table or other surface at heart level.



Blood Pressure Readings	
Normal	< 120 / 80
At Risk (pre-hypertension)	120-130 / 80-89
High	> 140 / 90

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



Updated July 2016



KNOW YOUR NUMBERS

Self-Measured Blood Pressure Monitoring

DO YOU KNOW YOUR BLOOD PRESSURE (BP) NUMBERS?

How to check your blood pressure

▶ HOW TO RECORD YOUR READING:



STEP 1: Locate a BP Machine

If you don't have access to a quality home monitor, look for a kiosk at your local pharmacy, grocery store, or provider's office.



Systolic Pressure
120
Diastolic Pressure
80

My Reading:



IS IT RIGHT?

- If your reading is high, wait a few minutes and recheck
- Exercise, smoking and coffee may cause a rise in BP

Your provider will read this blood pressure as **"120 over 80"**



STEP 2: Get seated and still

Sit quietly for five minutes before taking your BP. Place cuff directly on skin, keep both feet on the floor, and relax while your BP is taken.



STEP 3: Record your numbers and compare to the chart

If your blood pressure is high, work with your health-care professional to bring your blood pressure numbers down. High blood pressure can put you at serious risk for stroke and heart disease.

EVERY
10
POINT
DROP
in systolic BP



30-
50%
drop in risk
of cardiovascular
disease & stroke.



Improving HBP control means

**MORE LIVES
CAN BE SAVED!**

Heart360

**USE HEART360 TO TRACK
YOUR BLOOD PRESSURE CHANGES**

Visit Heart360 to learn more about tracking your results over time. Tracking and working on healthier habits can lead to steady improvement. Lower your risks; live your healthiest life!

HEART360.ORG