



* Wait a few minutes and take blood pressure again. If it's still high, contact your doctor immediately.

Blood Pressure Measurement

INSTRUCTIONS

Don't smoke, exercise, drink caffeinated beverages or alcohol within 30 minutes of measurement.

Rest in a chair for at least 5 minutes with your left arm resting comfortably on a flat surface at heart level. Sit calmly and don't talk.

Make sure you're relaxed. Sit still in a chair with your feet flat on the floor with your back straight and supported.

Take at least two readings 1 minute apart in morning before taking medications, and in evening before dinner. **RECORD ALL RESULTS.**

Use properly calibrated and validated instrument. Check the cuff size and fit.

Place the bottom of the cuff above the bend of the elbow.

American Heart Association Blood Pressure Categories

Systolic Reading (upper number)

Diastolic Reading (lower number)

NORMAL	under 120	and	under 80
ELEVATED	120–129	and	under 80
HIGH BLOOD PRESSURE STAGE 1	130–139	or	80–89
HIGH BLOOD PRESSURE STAGE 2	140 or higher	or	90 or higher
HYPERTENSIVE CRISIS <i>Consult your doctor immediately</i>	180 or higher	and/ or	120 or higher



American Heart Association®

Hard Hats with Heart™

Learn more at www.heart.org/HBP