## **Blood Pressure Matters**

Make control your goal.

## **BLOOD PRESSURE LOG**



KNOW YOUR BLOOD PRESSURE READINGS				HELPFUL TIPS TO SELF-MEASURED BLOOD
KNOW YOUR BLOOD PRESSURE READINGS			PRESSURE MONITORING	
Blood Pressure	SYSTOLIC mmHG (top number)		DIASTOLIC mmHG (bottom number)	Be still. Don't smoke, drink caffeinated beverages or exercise 30 minutes before measuring your blood pressure (BP). Ensure
Normal	<120	AND	<80	<ul> <li>at least 5 minutes of rest before measurements.</li> <li>Sit with your back straight and supported. Your feet should be flat on the floor.</li> <li>Measure at the same time every day. It's important to take the readings at the same time each day, such as morning and evening.</li> <li>Take multiple readings and record the results. Each time you measure, take at least two readings one minute apart and record BP levels here.</li> <li>Work together with your provider to manage your blood pressure. Share results of BP log at your next visit or communicate them to your provider's office in a timely manner.</li> </ul>
Elevated	120 - 129	AND	<80	
High Blood Pressure (Stage 1 hypertension)	130 - 139	OR	80 - 89	
High blood pressure (Stage 2 hypertension)	>140	OR	>90	
High blood pressure (Seek medical attention)	>180	OR	>120	
Your Blood Pressure Goal:				

Date	AM	PM
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Date	AM	PM