

DO YOU KNOW YOUR BLOOD PRESSURE (BP) NUMBERS?

How to check your blood pressure



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.



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, back supported 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.

HOW TO RECORD YOUR READING:

Systolic Pressure
117
Diastolic Pressure
76

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 **"117 over 76"**

EVERY
20 POINT INCREASE
in systolic BP



DOUBLES
RISK OF DEATH
caused by stroke,
heart disease, or
other vascular
disease



Improving HBP control means

**MORE LIVES
CAN BE SAVED!**

USE THE CHECK. CHANGE. CONTROL.® TRACKER TO TRACK YOUR BLOOD PRESSURE

Visit www.ccctracker.com/aha to sign up. You'll need an email address and campaign code to create your account. Find the code on the map for your state. Tracking and working on healthier habits can lead to steady improvement.

3 STEPS FOR REACHING YOUR BLOOD PRESSURE GOALS

1 CHECK Your BP Numbers

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Elevated	120-129	and	less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive crisis	higher than 180	and/or	higher than 120

HIGH BLOOD PRESSURE / STAGE 1

*Recommendations: 10-year heart disease and stroke risk assessment. If less than 10% risk, lifestyle changes, reassessed in 3-6 months. If higher, lifestyle changes and medication with monthly follow-ups until BP controlled.

HIGH BLOOD PRESSURE / STAGE 2

*Recommendations: Lifestyle changes and 2 different classes of medicine, with monthly follow-ups until BP is controlled.

HYPERTENSIVE CRISIS Consult your doctor immediately

* Individual recommendations need to come from your doctor.

2 CHANGE & Recheck

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

3 CONTROL & Reach Your BP Goal

KEY LIFESTYLE OPPORTUNITIES TO LOWER YOUR BLOOD PRESSURE:



REDUCE WEIGHT
↓ 5 mm Hg



PHYSICAL ACTIVITY
↓ 5-8 mm Hg



ADOPT D.A.S.H. EATING PLAN
↓ 11 mm Hg



MODERATION OF ALCOHOL CONSUMPTION
↓ 4 mm Hg



LOWER SODIUM INTAKE
↓ 5-6 mm Hg

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!