You should have your monitor’s accuracy tested once a year by a healthcare professional. Date of last test: ________________

Make sure the cuff fits: measure around your upper arm and choose a monitor that comes with the correct size cuff.

It’s important to take the readings at the same time each day, such as morning and evening, or as your healthcare professional recommends.

Don’t smoke, drink caffeinated beverages or exercise within the 30 minutes before measuring your blood pressure.

Sit with your back straight and supported (on a dining chair, for example, rather than a sofa). Your feet should be flat on the floor; don’t cross your legs. Your arm should be supported on a flat surface (such as a table) with the upper arm at heart level. Make sure the middle of the cuff is placed directly over your brachial artery as shown in the picture or your monitor’s instructions, or have your healthcare provider show you how.

Each time you measure, take two or three readings, one minute apart, and record all the results. Your doctor can calculate your average blood pressure from all of your readings, tell you what category you fall into, look at all your risk factors and give you a blood pressure goal.

American Heart Association recommended blood pressure levels

<table>
<thead>
<tr>
<th>Blood Pressure Category</th>
<th>Systolic (mm Hg)</th>
<th>Diastolic (mm Hg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>less than 120</td>
<td>less than 80</td>
</tr>
<tr>
<td>Prehypertension</td>
<td>120–139</td>
<td>or 80–89</td>
</tr>
<tr>
<td>High</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stage 1</td>
<td>140–159</td>
<td>or 90–99</td>
</tr>
<tr>
<td>Stage 2</td>
<td>160 or higher</td>
<td>or 100 or higher</td>
</tr>
</tbody>
</table>

Blood pressure higher than 180/110 mm Hg is an emergency. Call 9-1-1 immediately. If 9-1-1 is not available, have someone drive you to the nearest emergency facility immediately.

Heart rate or pulse is the number of times your heart beats per minute. The average resting heart rate is 60–80 beats per minute, but it's generally lower in physically fit people and it usually rises with age.
**BLOOD PRESSURE TRACKER – PRINTABLE TRACKER**

**INSTRUCTIONS:**
- Take your pressure at the same time each day, such as morning or evening, or as your healthcare professional recommends.
- Sit with your back straight and supported and your feet flat on the floor.
- Your arm should be supported on a flat surface with the upper arm at heart level.
- Make sure the middle of the cuff is placed directly over your brachial artery. Refer to the Instructions page of this tracker for a picture, or check your monitor’s instructions, or have your healthcare provider show you how.
- Each time you measure, take two or three readings, one minute apart, and record all the results.

**NAME:** ___________________________  **MY BLOOD PRESSURE TARGET GOAL IS:** __/____mm Hg

**DATE/TIME** | **READING 1** | **READING 2** | **READING 3** | **COMMENTS**
--- | --- | --- | --- | ---
1/1/06 8:00pm | 132/85 mm Hg 81 Beats Per Min. | 130/80 mm Hg 70 Beats Per Min. | 126/80 mm Hg 72 Beats Per Min. | at pharmacy

Blood pressure higher than 180/110 is an emergency. Call 9-1-1 immediately. If 9-1-1 is not available to you, have someone drive you to the nearest emergency facility immediately.
**BLOOD PRESSURE TRACKER - WALLET CARD**

**INSTRUCTIONS:**

- Take your pressure at the same time each day, such as morning or evening, or as your healthcare professional recommends.
- Sit with your back straight and supported and your feet flat on the floor.
- Your arm should be supported on a flat surface with the upper arm at heart level.
- Make sure the middle of the cuff is placed directly over your brachial artery. Refer to the Instructions page of this tracker for a picture, or check your monitor’s instructions, or have your healthcare provider show you how.
- Each time you measure, take two or three readings, one minute apart, and record all the results.
- Cut this card out, fold it and keep in your wallet for use when you are traveling or away from home.

Blood pressure higher than 180/110 is an emergency. Call 9-1-1 immediately. If 9-1-1 is not available to you, have someone drive you to the nearest emergency facility immediately.