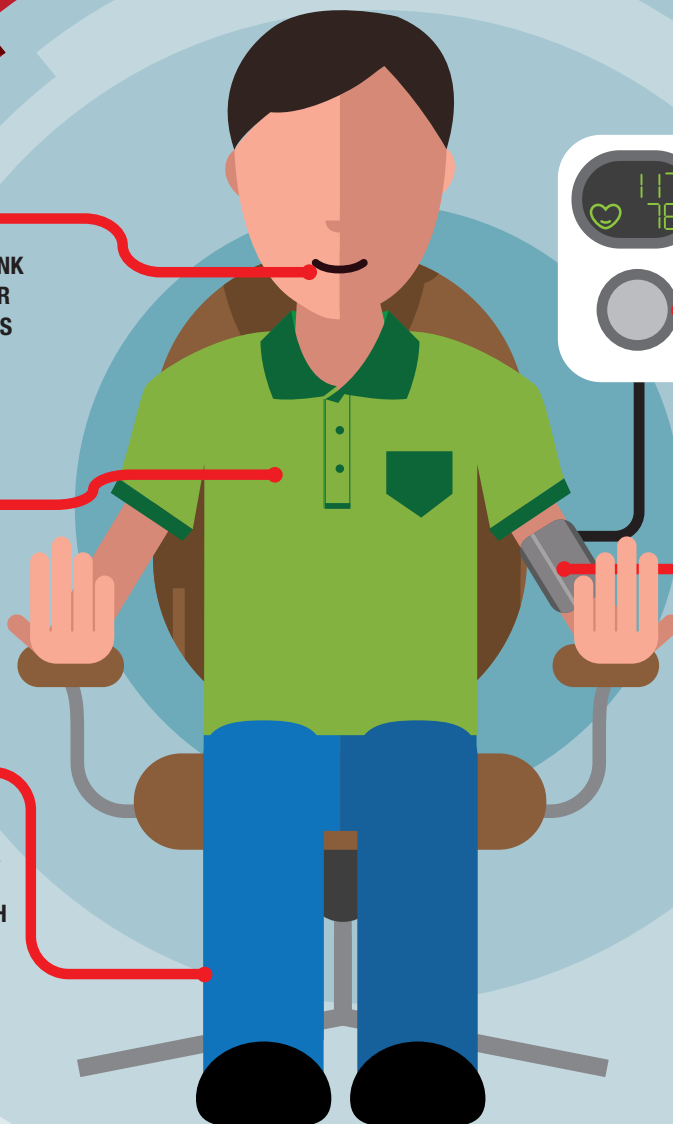




American Heart Association.

# BLOOD PRESSURE MEASUREMENT INSTRUCTIONS



DON'T SMOKE, EXERCISE, DRINK CAFFEINATED BEVERAGES OR ALCOHOL WITHIN 30 MINUTES OF MEASUREMENT.

TAKE AT LEAST TWO READINGS 1 MIN. APART IN MORNING BEFORE TAKING MEDICATIONS, AND IN EVENING BEFORE DINNER. RECORD ALL RESULTS.

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.

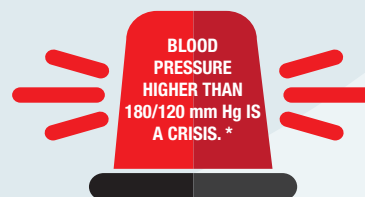
USE PROPERLY CALIBRATED AND VALIDATED INSTRUMENT. CHECK THE CUFF SIZE AND FIT.

MAKE SURE YOU'RE RELAXED. SIT STILL IN A CHAIR WITH YOUR FEET FLAT ON THE FLOOR WITH YOUR BACK STRAIGHT AND SUPPORTED.

PLACE THE BOTTOM OF THE CUFF ABOVE THE BEND OF THE ELBOW.

## American Heart Association recommended blood pressure levels

| BLOOD PRESSURE CATEGORY                               | SYSTOLIC mm Hg (upper number) |        | DIASTOLIC mm Hg (lower number) |
|---|-------------------------------|--------|--------------------------------|
| 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 (consult your doctor immediately) | HIGHER THAN 180               | and/or | HIGHER THAN 120                |



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

LEARN MORE AT [HEART.ORG/HBP](http://HEART.ORG/HBP)