BLOOD PRESSURE (BP) RECORD:

<table>
<thead>
<tr>
<th>AM:</th>
<th>PM:</th>
<th>Comments:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>138/88, 130/80</strong></td>
<td><strong>128/76</strong></td>
<td><strong>BP taken at 9AM, after 3 cups of coffee</strong></td>
</tr>
</tbody>
</table>

**MON**
**TUE**
**WED**
**THU**
**FRI**
**SAT**
**SUN**

**MON**
**TUE**
**WED**
**THU**
**FRI**
**SAT**
**SUN**

• Measure your blood pressure at least twice daily and record your measurements on this sheet.
• Bring a recent BP Record with you to every medical appointment and show it to your provider.
• For accurate measurements, read the instructions of your BP device and keep the following in mind:
  o Unless otherwise instructed, check your BP on the arm of your non-dominant hand (usually the left).
  o Wrap the BP cuff on your upper arm while resting your elbow on a surface at the level of your heart.
  o Keep the pulse arrow indicator of the blood pressure cuff pointing to where you can feel your pulse.
  o With both feet flat on the floor, remain seated for 5 minutes before measuring your BP.
  o After your first BP measurement, keep the deflated cuff in place. Wait 1-2 minutes, then repeat.
  o Record BP readings side by side (**see above**); if readings are close, only record the average.
BLOOD PRESSURE (BP) INTERPRETATION:

Each BP reading contains two numbers. The first number is the systolic, and the second number is the diastolic. BP is usually expressed as a ratio, with the systolic number “over” the diastolic number. For example, 128 (systolic) over 76 (diastolic) is written as 128/76. Normal blood pressure requires both numbers (systolic and diastolic) to be within the normal range.

High blood pressure (also called Hypertension) increases the odds of having a stroke, heart attack, vision loss, kidney damage and heart failure. Most people don’t have symptoms when their blood press is high. Therefore, routine monitoring is necessary for good control.

<table>
<thead>
<tr>
<th>SYSTOLIC</th>
<th>DIASTOLIC</th>
<th>INTERPRETATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>If the TOP number is:</td>
<td>If the BOTTOM number is:</td>
<td>Your blood pressure is:</td>
</tr>
<tr>
<td>Less than 90</td>
<td>Less than 60</td>
<td>Low</td>
</tr>
<tr>
<td>Between 90 and 119</td>
<td>Between 60 &amp; 79</td>
<td>Normal</td>
</tr>
<tr>
<td>Between 120 &amp; 139</td>
<td>Between 80 &amp; 89</td>
<td>Pre-hypertension</td>
</tr>
<tr>
<td>Between 140 &amp; 159</td>
<td>Between 90 &amp; 99</td>
<td>Stage 1 Hypertension</td>
</tr>
<tr>
<td>160 or higher</td>
<td>100 or higher</td>
<td>Stage 2 Hypertension</td>
</tr>
<tr>
<td>Above 179</td>
<td>Above 109</td>
<td>Extremely High</td>
</tr>
</tbody>
</table>

The following information is a guide, but does not replace the advice from a medical provider. The safest action for abnormal blood pressure is an immediate, in-person medical consultation.

If your blood pressure is out of the normal range, wait a few minutes and take it again. If you have two consecutive high blood pressure measurements, seek medical advice.

Call a medical provider for advice if:
- Your blood pressure trend is increasing or persistently above the normal range.
- Your blood pressure is low or you have been feeling lightheaded.
- You think you are having side effects from your blood pressure medicine.

Call 911 or seek immediate care at the nearest Emergency Room or Urgent Care Center if:
- Your blood pressure is ever within the “Extremely High” range (i.e. 180/110 or higher).

Call 911 if your abnormal blood pressure is associated with any concerning symptoms, such as:
- severe headache
- blurry vision
- nausea and/or vomiting
- chest pressure or chest pain
- shortness of breath
- confusion
- numbness

For more information about Hypertension and blood pressure interpretation, please visit:
http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBloodPressure/Understanding-Blood-Pressure-Readings_UCM_301764_Article.jsp#V76wWpMn0Bc

Rev 3/4/17