DO YOU KNOW YOUR BLOOD PRESSURE (BP) NUMBERS?

American Heart Association | American Stroke Association
life is why™

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. Keep both feet on the floor and relax while your BP is measured.

STEP 3: Record your numbers and compare to the chart

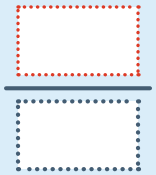
If your blood pressure is high, work with your health-care professional to bring your blood pressure numbers down. High blood pressure can put you at serious risk for stroke and heart disease.

HOW TO RECORD YOUR READING:

Systolic Pressure **120**

80 Diastolic Pressure

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 **"120 over 80"**

EVERY **10 POINT DROP** in systolic BP

≈ **30-50% drop in risk** of cardiovascular disease & stroke.

Improving HBP control means

MORE LIVES CAN BE SAVED!

Heart360

USING HEART 360 TO TRACK YOUR BLOOD PRESSURE CHANGES

Visit Heart360 to learn more about tracking your results over time. Tracking and working on healthier habits can lead to steady improvement. Lower your risks; live your healthiest life!

3 STEPS FOR REACHING YOUR BLOOD PRESSURE GOALS

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1 CHECK Your BP Numbers

Blood Pressure Category	Systolic mmHg (Top #)		Diastolic mmHg (Bottom #)
Normal / Ideal	less than 120	and	less than 80
Prehypertension	120-139	or	80-90
Hypertension stage 1	140-159	or	90-99
Hypertension stage 2	160 or higher	or	100 or higher
Hypertensive crisis	higher than 180	or	higher than 110

STAGE 1 HYPERTENSION Treatment may include:

- Key lifestyle changes to bring your BP down to a healthier range
- Practice these lifestyle changes by building new, healthier habits
- Take a medication if one is prescribed for you (most likely thiazide, which is a "water pill" or diuretic)

STAGE 2 HYPERTENSION Treatment may include:

- Key lifestyle changes to bring your BP down to a healthier range
- Build new habits and consider working with a coach or Heart360
- Take the medications that are prescribed to lower your BP

HYPERTENSIVE CRISIS calls for immediate medical care.

2 CHANGE & Recheck

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

RECOMMENDED

- **STAGE 1**: Recheck in 3 months or as prescribed
- **STAGE 2:** Recheck in 2 weeks or as prescribed

3 CONTROL & Reach Your BP Goal

KEY LIFESTYLE OPPORTUNITIES TO LOWER YOUR BLOOD PRESSURE:

REDUCE WEIGHT
⬇ 5-20 mmHg

PHYSICAL ACTIVITY
⬇ 4-9 mmHg

ADOPT DASH*5 EATING PLAN
⬇ 8-14 mmHg

MODERATION OF ALCOHOL CONSUMPTION
⬇ 2-4 mmHg

LOWER SODIUM INTAKE
⬇ 2-8 mmHg

QUIT SMOKING
⬇ 2-4 mmHg

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!