



American Heart Association.



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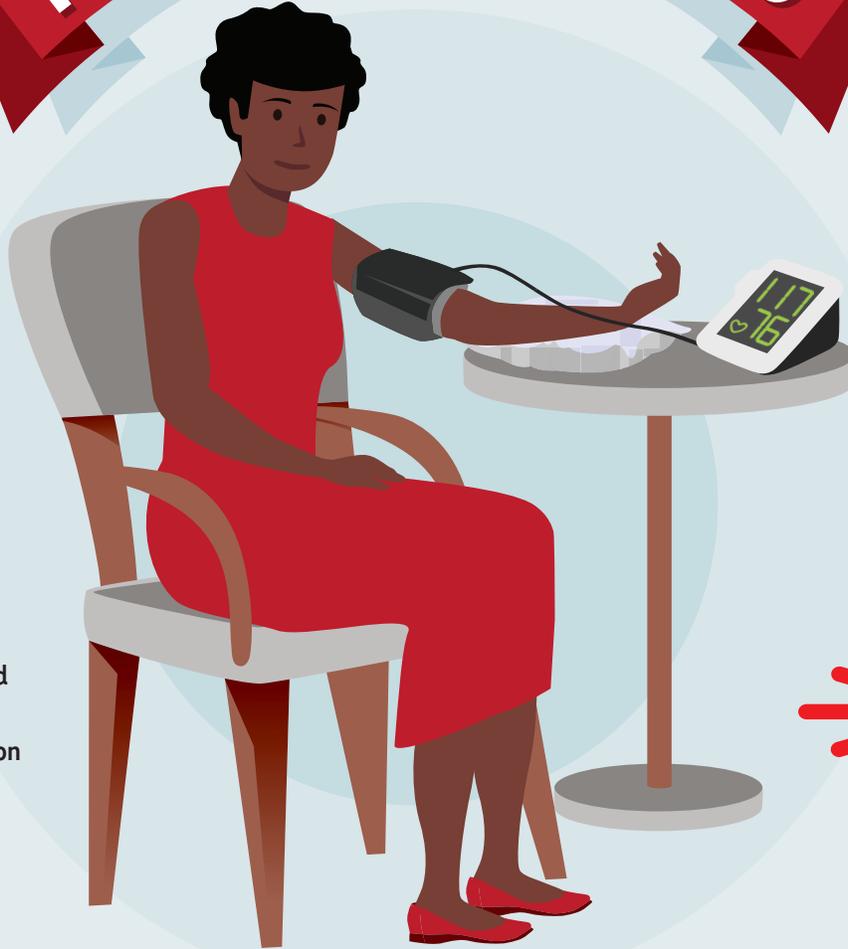
HOME BLOOD PRESSURE MEASUREMENT INSTRUCTIONS

Before You Measure

- No smoking, caffeinated beverages, alcohol, or exercise 30 minutes prior
- Use a validated device with the correct cuff size (visit [Validate BP](#) to find a device you can trust)
- Empty your bladder
- Sit quietly for more than 5 minutes and do not talk

Proper Positioning

- Sit upright with back supported, feet on floor, and legs uncrossed
- Rest your arm comfortably on a flat surface at heart level
- Wrap the cuff on your bare skin above the bend of the elbow, not over clothing



During Measurement

- Stay relaxed and do not talk
- Take at least two readings, 1 minute apart
- Record all results once measurement is completed and share them with your health care professional to help confirm your office blood pressure category



MAY BE A HYPERTENSIVE EMERGENCY*

* Wait a few minutes and take blood pressure again

* If your blood pressure is still high and there are no other signs or symptoms, contact your health care professional

* If you are experiencing signs of possible organ damage, such as chest pain, shortness of breath, back pain, numbness/weakness, change in vision or difficulty speaking, call 911

American Heart Association recommended office blood pressure categories

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (top/upper number)		DIASTOLIC mm Hg (bottom/lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
STAGE 1 HYPERTENSION (High Blood Pressure)	130-139	or	80-89
STAGE 2 HYPERTENSION (High Blood Pressure)	140 OR HIGHER	or	90 OR HIGHER
SEVERE HYPERTENSION (If you don't have symptoms*, call your health care professional)	HIGHER THAN 180	and/or	HIGHER THAN 120
HYPERTENSIVE EMERGENCY (If you have any of these symptoms*, call 911)	HIGHER THAN 180	and/or	HIGHER THAN 120

*symptoms: chest pain, shortness of breath, back pain, numbness, weakness, change in vision, or difficulty speaking

Learn more at heart.org/BP