How to Measure Blood Pressure

**Before Measurement**

Don't exercise, smoke, eat a meal, or drink caffeine or alcohol for at least 30 minutes.

**During Measurement**

1. **SIT STILL**
   - Use a chair.
   - Sit up straight and supported.
   - Put feet flat on the floor.

2. **PLACE THE CUFF**
   - Relax arm on a flat surface at heart level.
   - Place cuff directly above bend in elbow.
   - Place cuff on bare skin.

3. **TIME IT CORRECTLY**
   - Measure at the same time every day.

Take 2-3 measurements one minute apart. Record the results.

May 8

- 119/79
- 118/76

**American Heart Association**
### American Heart Association recommended blood pressure levels

<table>
<thead>
<tr>
<th>Blood Pressure Category</th>
<th>Systolic mm Hg (Upper Number)</th>
<th>Diastolic mm Hg (Lower Number)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>less than 120</td>
<td>less than 80</td>
</tr>
<tr>
<td>Elevated</td>
<td>120-129</td>
<td>less than 80</td>
</tr>
<tr>
<td>High Blood Pressure (Hypertension) Stage 1</td>
<td>130-139</td>
<td>or 80-89</td>
</tr>
<tr>
<td>High Blood Pressure (Hypertension) Stage 2</td>
<td>140 or higher</td>
<td>or 90 or higher</td>
</tr>
<tr>
<td>Hypertensive Crisis (Consult your doctor immediately)</td>
<td>higher than 180</td>
<td>and/or higher than 120</td>
</tr>
</tbody>
</table>

Blood pressure higher than 180/120 mm Hg is an emergency.*

*Wait a few minutes, and measure again. If still high, call your doctor immediately.

**Doctor Name:** __________________________

**Phone Number:** __________________________