TAKE AT LEAST TWO READINGS 1 MINUTE APART IN THE MORNING BEFORE TAKING MEDICATIONS, AND IN THE EVENING BEFORE GOING TO BED. RECORD ALL RESULTS.

(IF YOU NOTICE THAT ONE ARM SHOWS A HIGHER READING THAN THE OTHER, USE THE ARM WITH THE HIGHER READING.)

USE A PROPERLY CALIBRATED AND VALIDATED DEVICE. CHECK THE CUFF SIZE AND FIT.

RIGHT BEFORE:
• PLACE THE BOTTOM OF THE CUFF ABOVE THE BEND OF THE ELBOW.
• WRAP IT AGAINST YOUR BARE SKIN, NOT OVER CLOTHING.

IN THE 30 MINUTES BEFORE YOUR BLOOD PRESSURE IS TAKEN:
• NO SMOKING
• NO EXERCISE
• NO CAFFEINATED BEVERAGES
• NO ALCOHOL

REST FOR AT LEAST 5 MINUTES. SIT CALMLY AND DON’T TALK.

WHILE YOU PREPARE TO TAKE YOUR BLOOD PRESSURE:
• RELAX.
• DON’T TALK.
• REST YOUR ARM COMFORTABLY ON A FLAT SURFACE AT HEART LEVEL.
• SIT UPRIGHT, BACK STRAIGHT AND SUPPORTED.
• KEEP LEGS UNCROSSED AND FEET FLAT ON THE FLOOR.

* 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 IMMEDIATELY.
* 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 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 and</td>
<td>Less than 80</td>
</tr>
<tr>
<td>Elevated</td>
<td>120-129 and</td>
<td>Less than 80</td>
</tr>
<tr>
<td>High Blood Pressure (Hypertension) Stage 1</td>
<td>130-139 or</td>
<td>80-89</td>
</tr>
<tr>
<td>High Blood Pressure (Hypertension) Stage 2</td>
<td>140 or higher</td>
<td>90 or higher</td>
</tr>
<tr>
<td>Hypertensive Crisis (Consult your doctor immediately)</td>
<td>Higher than 180 and/or</td>
<td>Higher than 120</td>
</tr>
</tbody>
</table>

BLOOD PRESSURE HIGHER THAN 180/120 mm Hg IS A CRISIS.*

LEARN MORE AT HEART.ORG/HBP