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. Place cuff directly on skin, keep both feet on the floor, back supported and relax while your BP is taken.

**STEP 3: Record your numbers and compare to the chart**
If your blood pressure is high, work with your healthcare professional to bring your blood pressure numbers down. High blood pressure can put you at serious risk for stroke and heart disease.

How improving HBP control means more lives can be saved!

Use the Check. Change. Control® Tracker to track your blood pressure

Visit www.cctracker.com/aha to sign up. You'll need an email address and campaign code to create your account. Find the code on the map for your state. Tracking and working on healthier habits can lead to steady improvement.
1. **CHECK Your BP Numbers**

<table>
<thead>
<tr>
<th>Blood Pressure Category</th>
<th>Systolic mm Hg (upper #)</th>
<th>Diastolic mm Hg (lower #)</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>
</tbody>
</table>

- **High Blood Pressure (Hypertension) Stage 1**
  - Systolic: 130-139
  - Diastolic: 80-89

- **High Blood Pressure (Hypertension) Stage 2**
  - Systolic: 140 or higher
  - Diastolic: 90 or higher

- **Hypertensive crisis**
  - Systolic: higher than 180
  - Diastolic: higher than 120

2. **CHANGE & Recheck**

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

3. **CONTROL & Reach Your BP Goal**

- **KEY LIFESTYLE OPPORTUNITIES TO LOWER YOUR BLOOD PRESSURE:**
  - **REDUCE WEIGHT**
    - Lower 5 mm Hg
  - **PHYSICAL ACTIVITY**
    - Lower 5-8 mm Hg
  - **ADOPT D.A.S.H. EATING PLAN**
    - Lower 11 mm Hg
  - **MODERATION OF ALCOHOL CONSUMPTION**
    - Lower 4 mm Hg
  - **LOWER SODIUM INTAKE**
    - Lower 5-6 mm Hg

**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!

*Individual recommendations need to come from your doctor.*