



How to Measure Blood Pressure

Before:

- Don't exercise, smoke, eat, or drink caffeine or alcohol for at least 30 minutes.
- Use the bathroom.
- Rest for 5 minutes.

During:

1. Sit still in a chair with back supported and feet flat on floor.
2. Place the cuff directly above bend in elbow on bare skin. Relax arm on flat surface at heart level.
3. Measure at the same time each day.

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

American Heart Association recommended blood pressure levels

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	less than 120	and	less than 80
ELEVATED	120-129	and	less than 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 or higher	or	90 or higher
HYPERTENSIVE CRISIS (consult your doctor immediately)	higher than 180	and/or	higher than 120