



Your **CHW** is a partner in your **heart** health



If you have been diagnosed with high blood pressure:

Know Your Numbers

- **Check** your blood pressure daily.
- **Create a record** in a log book or your phone.
- **Share** the log with your health care provider.

Before Checking Your Blood Pressure

- No smoking, alcohol, caffeine, or exercise for 30 minutes before.
- Empty your bladder.
- Remove clothing from the arm you use.
- Sit with your back straight and your feet on the floor, and rest quietly for 5 minutes.

Scan this QR code with your phone's camera to watch a short video on how to measure your blood pressure at home.

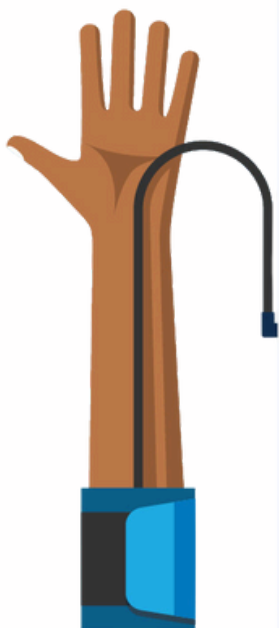


Measuring Blood Pressure

- Plan to check your blood pressure at the same time, every time you measure.
- Take two measurements, one minute apart, and record your results.
- Watch for changes and patterns and share those with your health care provider.

Our blood pressure changes from day to day or even minute to minute. One blood pressure reading is like a snapshot of that moment. A record over time gives a clearer picture. Log all your results.

Understanding Your Blood Pressure Readings



180+

—AND/OR—

120+

**Hypertensive
Crisis**
Call 911

140+

—AND/OR—

90+

**Stage 2
Hypertension**

130-139

—AND/OR—

80-89

**Stage 1
Hypertension**

120-129

AND

<80

**Elevated
Blood
Pressure**

<120

—AND/OR—

<80

**Normal
Blood
Pressure**