**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, 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 to record your reading:**

- **Systolic Pressure**: 120
- **Diastolic Pressure**: 80

**IS IT RIGHT?**
- If your reading is high, wait a few minutes and recheck
- Exercise, smoking and coffee may cause a rise in BP

**EVERY 10 POINT DROP**

- **in systolic BP**
  
  **30 - 50% drop in risk of cardiovascular disease & stroke.**

**Improving HBP control means MORE LIVES CAN BE SAVED!**

Visit Heart360 to learn more about tracking your results over time. Tracking and working on healthier habits can lead to steady improvement. Lower your risks; live your healthiest life!

**HEART360.ORG**
3 STEPS FOR REACHING YOUR BLOOD PRESSURE GOALS

1. CHECK Your BP Numbers

<table>
<thead>
<tr>
<th>Blood Pressure Category</th>
<th>Systolic mmHg (Top #)</th>
<th>Diastolic mmHg (Bottom #)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal / Ideal</td>
<td>less than 120</td>
<td>and less than 80</td>
</tr>
<tr>
<td>Prehypertension</td>
<td>120-139</td>
<td>or 80-90</td>
</tr>
<tr>
<td>Hypertension stage 1</td>
<td>140-159</td>
<td>or 90-99</td>
</tr>
<tr>
<td>Hypertension stage 2</td>
<td>160 or higher</td>
<td>or 100 or higher</td>
</tr>
<tr>
<td>Hypertensive crisis</td>
<td>higher than 180</td>
<td>or higher than 110</td>
</tr>
</tbody>
</table>

STAGE 1 HYPERTENSION Treatment may include:
- Key lifestyle changes to bring your BP down to a healthier range
- Practice these lifestyle changes by building new, healthier habits
- Take a medication if one is prescribed for you (most likely thiazide, which is a “water pill” or diuretic)

STAGE 2 HYPERTENSION Treatment may include:
- Key lifestyle changes to bring your BP down to a healthier range
- Build new habits and consider working with a coach or Heart360
- Take the medications that are prescribed to lower your BP

HYPERTENSIVE CRISIS calls for immediate medical care.

2. CHANGE & Recheck

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

RECOMMENDED
- **STAGE 1**: Recheck in 3 months or as prescribed
- **STAGE 2**: Recheck in 2 weeks or as prescribed

3. CONTROL & Reach Your BP Goal

KEY LIFESTYLE OPPORTUNITIES TO LOWER YOUR BLOOD PRESSURE:

- **REDUCE WEIGHT**
  - ↓ 5-20 mmHg
- **PHYSICAL ACTIVITY**
  - ↓ 4-9 mmHg
- **ADOPT DASH*5 EATING PLAN**
  - ↓ 8-14 mmHg
- **MODERATION OF ALCOHOL CONSUMPTION**
  - ↓ 2-4 mmHg
- **LOWER SODIUM INTAKE**
  - ↓ 2-8 mmHg
- **QUIT SMOKING**
  - ↓ 2-4 mmHg

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!