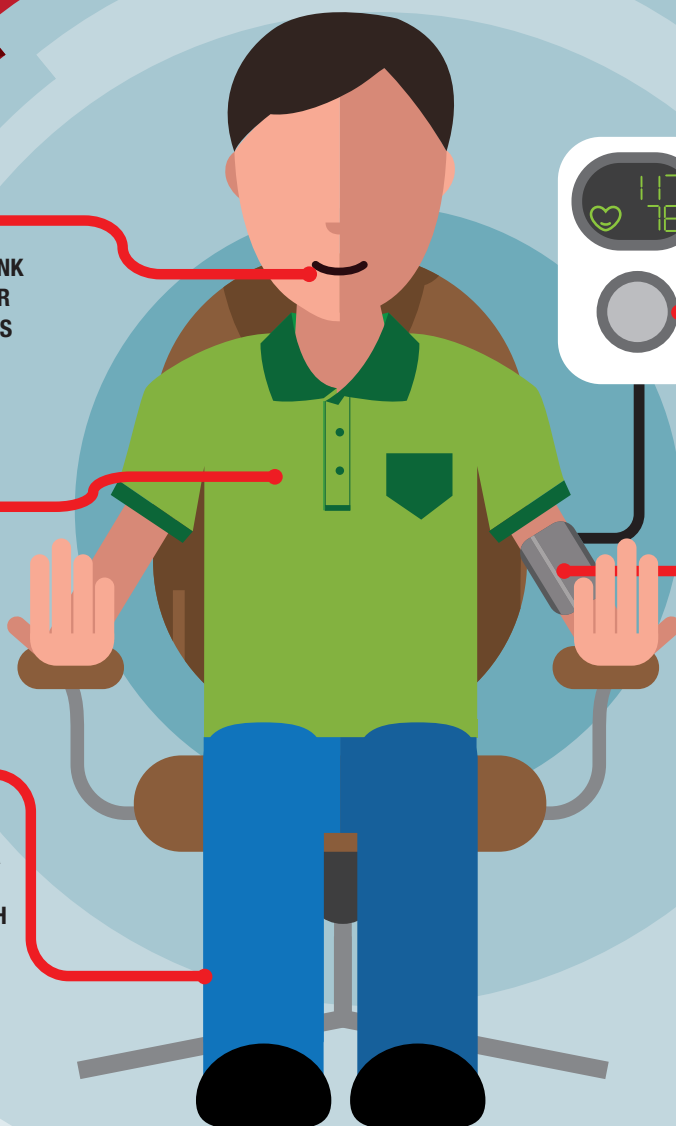




American
Heart
Association.

BLOOD PRESSURE MEASUREMENT INSTRUCTIONS



**DON'T SMOKE, EXERCISE, DRINK
CAFFEINATED BEVERAGES OR
ALCOHOL WITHIN 30 MINUTES
OF MEASUREMENT.**

**REST IN A CHAIR FOR AT
LEAST 5 MINUTES WITH YOUR
LEFT ARM RESTING
COMFORTABLY ON A FLAT
SURFACE AT HEART LEVEL.
SIT CALMLY AND DON'T TALK.**

**MAKE SURE YOU'RE
RELAXED. SIT STILL IN A
CHAIR WITH YOUR FEET
FLAT ON THE FLOOR WITH
YOUR BACK STRAIGHT
AND SUPPORTED.**

**TAKE AT LEAST TWO READINGS
1 MIN. APART IN MORNING
BEFORE TAKING MEDICATIONS,
AND IN EVENING BEFORE
DINNER. RECORD ALL RESULTS.**

**USE PROPERLY CALIBRATED AND
VALIDATED INSTRUMENT. CHECK
THE CUFF SIZE AND FIT.**

**PLACE THE BOTTOM OF
THE CUFF ABOVE THE
BEND OF THE ELBOW.**

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



* Wait a few minutes and take blood pressure again.
If it's still high, contact your doctor immediately.

**LEARN MORE AT
[HEART.ORG/HBP](https://heart.org/hbp)**