Resource Guide
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 to record your reading:**

- **Systolic Pressure**: 117
- **Diastolic Pressure**: 76

Your provider will read this blood pressure as “117 over 76”

**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 20 Point Increase in systolic BP doubles risk of death**

caused by stroke, heart disease, or other vascular disease

Visit www.ccctracker.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.
3 STEPS FOR REACHING YOUR BLOOD PRESSURE GOALS

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>
<tr>
<td>High Blood Pressure (Hypertension) Stage 1</td>
<td>130-139</td>
<td>or</td>
</tr>
<tr>
<td>High Blood Pressure (Hypertension) Stage 2</td>
<td>140 or higher</td>
<td>or</td>
</tr>
<tr>
<td>Hypertensive crisis</td>
<td>higher than 180</td>
<td>and/or</td>
</tr>
</tbody>
</table>

**HIGH BLOOD PRESSURE / STAGE 1**
*Recommendations: 10-year heart disease and stroke risk assessment. If less than 10% risk, lifestyle changes, reassessed in 3-6 months. If higher, lifestyle changes and medication with monthly follow-ups until BP controlled.

**HIGH BLOOD PRESSURE / STAGE 2**
*Recommendations: Lifestyle changes and 2 different classes of medicine, with monthly follow-ups until BP is controlled.

**HYPERTENSIVE CRISIS**
Consult your doctor immediately

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**  \(\downarrow\) 5 mm Hg
- **PHYSICAL ACTIVITY**  \(\downarrow\) 5-8 mm Hg
- **ADOPT D.A.S.H. EATING PLAN**  \(\downarrow\) 11 mm Hg
- **MODERATION OF ALCOHOL CONSUMPTION**  \(\downarrow\) 4 mm Hg
- **LOWER SODIUM INTAKE**  \(\downarrow\) 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.
How to measure your blood pressure at home

Follow these steps for an accurate blood pressure reading:

1. **PREPARE**
   - Avoid caffeine, cigarettes, and other stimulants 30 minutes before you measure your blood pressure.
   - Wait at least 30 minutes after a meal.
   - Empty your bladder beforehand.
   - Find a quiet space where you can sit comfortably without distraction.
   - If you're on blood pressure medication, measure your BP before you take your medication.

2. **POSITION**
   - Position arm at heart level.
   - Keep arm supported, palm up, with muscles relaxed.
   - Sit with legs uncrossed.
   - Keep feet flat on the floor.
   - Put cuff on bare arm, above elbow at mid-arm.
   - Position arm so cuff is at heart level.
   - Sit with legs uncrossed.
   - Keep back supported.

3. **MEASURE**
   - Rest for five minutes while in position before starting.
   - Take two or three measurements, one minute apart.
   - Keep your body relaxed and in position during measurements.
   - Sit quietly with no distractions during measurements—avoid conversations, TV, phones, and other devices.
   - Record your measurements when finished.

Avoid caffeine, cigarettes and other stimulants 30 minutes before you measure your blood pressure. Wait at least 30 minutes after a meal. Empty your bladder beforehand. Find a quiet space where you can sit comfortably without distraction.
Consequences of High Blood Pressure

High blood pressure is often the first domino in a chain or “domino effect” leading to devastating consequences, like:

- **STROKE**: HBP can cause blood vessels in the brain to burst or clog more easily.
- **VISION LOSS**: HBP can strain the vessels in the eyes.
- **HEART FAILURE**: HBP can cause the heart to enlarge and fail to supply blood to the body.
- **HEART ATTACK**: HBP damages arteries that can become blocked.
- **KIDNEY DISEASE/FAILURE**: HBP can damage the arteries around the kidneys and interfere with their ability to effectively filter blood.
- **SEXUAL DYSFUNCTION**: This can be erectile dysfunction in men or lower libido in women.

A simple blood pressure check is the first step to preventing the “domino effect.”

Learn more at [heart.org/hbp](http://heart.org/hbp).
Resources to maintain healthy lifestyle during the COVID-19 outbreak

Stay healthy at home with tips from the American Heart Association

Prevention is key in limiting the spread of coronavirus. With more people working remotely or limiting their exposure to other people, it's important to maintain healthy habits at home.

Wash your hands often & stay home when you feel sick. Don’t disregard your physical activity and healthy eating habits. These are the foundation to maintaining and improving your health.

Here are some ideas to stay healthy and active at home:

Create an at home circuit workout. Select three or four exercises you can do at home like jumping jacks, lunges or jogging in place. Repeat the circuit 2-3 times. For more ways to stay physically active at home, click here.

Use shelf-stable ingredients to cook heart-healthy meals. Canned, frozen and dried fruits and vegetables, frozen meat and dried grains are great shelf-stable options to have on hand for recipes. For shelf-stable recipes, click here.

Fight stress. Use time at home as an opportunity to take action against stress. Take a few minutes each day to meditate, improve your sleep, and call friends and family to stay socially connected. For more ways to manage stress, click here.

The American Heart Association is advising caution and preparation for people who have heart disease or who have survived a stroke.

Heart patients face a higher risk of complications if they get the virus, and stroke patients may face complications. Remember the basics in your everyday activities:

- wash your hands often with soap and water for at least 20 seconds
- practice social distancing
- stay home from work if you are sick
- avoid touching surfaces in public
- try not to touch your face
- cover your cough with a tissue and throw tissue away
Coronavirus precautions for patients & others facing higher risks

The American Heart Association is advising caution and preparation for elderly people with coronary heart disease or hypertension because they are more likely to be infected and to develop more severe symptoms. Stroke survivors may face increased risk for complications if they get COVID-19.

Get Prepared at Home

Make sure you can reach your doctor quickly.

If you live alone, gather a list of support contacts who you might call on if needed.

Take stock of your medications. Make sure you have enough for an extended time. Also figure out how you would get refills if you couldn’t leave home.

Make sure you have plenty of food, beverage and hygiene supplies for yourself, your family and your pets.

What if you have symptoms of coronavirus?

Common symptoms include fever and cough. Contact your health care provider if you have these symptoms. If you experience shortness of breath or other heart attack or stroke warning signs, call 911.

Make sure appropriate caregivers are available at home.

Ensure there’s a separate bedroom where the patient can recover without sharing immediate space with others.

Set up some basic rules for making sure the person being isolated can get food and other necessities with minimal risk.
GROCERY SHOPPING AND COVID-19
WHAT YOU NEED TO KNOW

Tips for shopping safely:

During this stay-at-home phase of the coronavirus pandemic, you will need to continue to purchase food and other household items. Venturing to the grocery store (or ordering from a grocery delivery service like Instacart, Shipt or Amazon Fresh) to stock up on several days of essentials is a necessity. But at the same time, health experts strongly recommend social distancing as one of the necessary measures to control the virus’s spread. So, what are some ways to safely shop for food in our current environment? We’ve got some tips for you.

If you physically go to a grocery store ...

**BEFORE YOU GO**

- **WASH YOUR HANDS** thoroughly before you go.
- **When you do go**, **GO DURING OFF-PEAK HOURS** and if possible, **BRING DISINFECTING WIPES WITH YOU** – many grocery stores provide sanitizing wipes, but it’s good to have a backup. Your grocery stores may have dedicated days of the weeks and times for persons at higher risk of complications from COVID-19 (persons who are 65 and older and/or persons with underlying health issues).

**AT THE STORE**

- **UPON ARRIVAL**, **WIPE DOWN CARTS AND BASKETS**, especially the handles. Some grocery stores are providing disinfected shopping carts.
- **STAY AT LEAST SIX FEET AWAY FROM OTHER SHOPPERS** while you’re shopping and when you’re in line to check out.
- **Maintain normal shopping habits and AVOID OVERBUYING OR HOARDING ITEMS.**
- **If possible**, **USE THE SELF-CHECKOUT LANE** – this reduces your contact with other people. Use a credit card or virtual payment system (like Apple Pay or Google Pay for example) to pay for your groceries.
- **If you do go through a cashier instead of the self-checkout lane**, **BAG YOUR OWN GROCERIES** – whether you bring your own bags or use the ones provided by the grocery store.
- **PUMP SOME HAND SANITIZER ON YOUR HANDS** on your way out or use sanitizer or soap after loading your car with groceries.

**WHEN YOU GET HOME**

- **When you get home**, **ASSIGN ONE PERSON IN YOUR HOUSEHOLD TO HANDLE THE GROCERIES.** This person will unload and clean your items. This is a good way to minimize unnecessary potential exposure to other people in your household.
- **WIPE DOWN YOUR GROCERIES** with a disinfectant wipe or with soap and water. After you’ve cleaned your items and put them away, recycle or discard bags, boxes, or other containers and then **CLEAN ANY SURFACES YOUR GROCERY BAGS AND GROCERIES TOUCHED** – think counter tops, refrigerator handles, cabinet and pantry handles.
- **WASH YOUR HANDS** again.
If you get your items delivered...

**STEP 1**
ORDER EARLIER THAN YOU USUALLY DO. Amid higher demand, you may have to wait longer than normal to receive your items.

**STEP 2**
AVOID A DIRECT HAND-OFF. Apps like Instacart have a “Leave at my door” option – use it.

**STEP 3**
If you live alone and are unable to bend over to lift a bag, or bags, or a box, THINK ABOUT A TABLE OR BENCH AT YOUR DOOR, if possible, where groceries can be left.

**STEP 4**
TIP ELECTRONICALLY, if possible – most apps have this option.

**STEP 5**
ASSIGN ONE PERSON IN YOUR HOUSEHOLD TO HANDLE THE GROCERIES. This person will unload and clean your items. This is a good way to minimize unnecessary potential exposure to other people in your household.

**STEP 6**
WIPE DOWN YOUR GROCERIES with a disinfectant wipe or with soap and water. After you’ve cleaned your items and put them away, recycle or discard bags, boxes, or other containers and then clean any surfaces your grocery bags and groceries touched – think counter tops, refrigerator handles, cabinet and pantry handles.

**STEP 7**
WASH YOUR HANDS again.

If you’re picking up groceries...

Follow the same guidelines for delivery

CONSIDER OPENING YOUR CAR DOOR OR TRUNK YOURSELF AND rather than having the person bringing the items to your car touch the handle.

What about packages from FedEx or Amazon that come in boxes or large envelopes?

**AVOID A DIRECT HAND-OFF.**
Most delivery workers are now leaving packages at your door.

**ASSIGN ONE PERSON IN YOUR HOUSEHOLD TO HANDLE YOUR ITEMS.**

**REMOVE ITEMS FROM PACKAGING OUTSIDE.**

**WIPE THEM DOWN** with a disinfectant wipe or with soap and water, if appropriate. If it’s clothes for example, it probably makes more sense to pop them in your washer.

**RECYCLE OR DISCARD OF YOUR PACKAGING.**

**CLEAN ANY SURFACES YOUR NEW ITEMS MAY HAVE TOUCHED** – think counter tops, refrigerator handles, cabinet and pantry handles.

**WASH YOUR HANDS** thoroughly.
BECAUSE OF YOUR CONDITION, YOU FACE HIGHER RISKS OF COMPLICATIONS FROM COVID-19 IF YOU CONTRACT THE DISEASE, WHICH MAKES CAUTION EXTREMELY IMPORTANT.

Do everything possible to avoid exposure to the coronavirus. Staying away from other people is critically important — especially if you are in your 60s or older. And don’t forget the safety basics:

- handwashing with soap and water for at least 20 seconds
- not touching surfaces
- cleaning surfaces diligently

The CDC has a full list of recommended precautions. In addition, continue taking all your medications as prescribed, including ACE inhibitors and ARBs. These medications do not increase your risk of contracting COVID-19.

If you are diagnosed with COVID-19, you should be fully evaluated before adding or removing any treatments. And high blood pressure patients and diabetes patients should both keep in mind that your overall medical condition is much better if your blood pressure and diabetes are optimally controlled.
1. **ELIMINATE sodium COMPLETELY for GOOD HEALTH**

SODIUM is an ESSENTIAL NUTRIENT that CONTROLS BLOOD PRESSURE and is needed to make nerves and muscles work properly, but you need the RIGHT AMOUNT.


2. **SEA SALT has LESS SODIUM than TABLE SALT**

Sea salt has boomed in popularity, but it usually isn’t any less salty. Just like table salt, it typically contains 40% sodium.


3. **I usually don’t SALT my FOOD, so I DON’T EAT too MUCH SODIUM**

That’s why it’s so important to compare NUTRITION FACTS labels and serving sizes.


4. **HIGH levels of SODIUM are FOUND only in FOOD**

Some over-the-counter medications contain high levels of sodium. Carefully read drug labels, and remember that some companies produce low-sodium, over-the-counter products.

5. **LOWER SODIUM foods have NO TASTE**

There is a rich world of creative and flavorful alternatives to salt. Experiment with spices, herbs, and citrus to enhance the natural flavor of your food!

6. **My BLOOD PRESSURE is NORMAL, so I don’t NEED to WORRY about how much SODIUM I eat**

Even for people who don’t have high blood pressure, less sodium will significantly blunt the rise in blood pressure that occurs as we age and will also reduce the risk developing other conditions, such as kidney disease, associated with eating too much sodium.


7. **I don’t EAT a lot of SALTY FOOD so I DON’T EAT too much SODIUM**

Wear watches and keep an eye open for the下列 foods can have excess sodium that can increase your risk for heart disease and stroke.

- **POULTRY**
- **CHEESE**
- **BREAD**

GET ACTIVE

Try to get at least 150 minutes per week of moderate aerobic exercise or 75 minutes per week of vigorous exercise (or a combination of both), preferably spread throughout the week. Even short bursts of exercise can be beneficial, and all those little steps will lead to big gains in the long run.

EAT BETTER

Eat a colorful diet full of fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. Try to limit sugary foods and drinks, fatty or processed meats and salt.

LOSE WEIGHT

Maintaining a healthy weight is important for your health. To lose weight, you need to burn more calories than you eat. Learning to balance healthy eating and physical activity can help you lose weight more easily and keep it off.

CONTROL CHOLESTEROL

Cholesterol comes from two sources: your body (which makes all the cholesterol you need) and food made from animals. Eating smart, adding color and moving more can all help lower your cholesterol.

MANAGE BLOOD PRESSURE

Blood pressure is the force of blood pushing against blood vessel walls. Sometimes the pressure in arteries is higher than it should be, a condition known as high blood pressure. Stress and poor diet have both been linked to high blood pressure, so it’s important to be well and eat smart to help positively influence your blood pressure numbers.

REDUCE BLOOD SUGAR

Blood glucose (aka sugar) is an important fuel for your body. It comes from the food you eat, so it’s important to eat smart. Cut out added sugars by checking nutrition fact labels and ingredients, limiting sweets and sugary beverages, and choosing simple foods over heavily processed ones. Also, you can move more, because moderate-intensity aerobic physical activity can also help your body respond to insulin.

QUIT SMOKING

Not smoking is one of the best things you can do for your health. Smoking damages your circulatory system and increases your risk of multiple diseases, but the good news is that your lungs can begin to heal themselves as soon as you stop. Moving more can help you on your journey, since physical activity can help you manage stress.
CHOOSE YOUR OWN WORKOUT
Circuits can be a great way to work out without any special equipment

TO BUILD YOUR CIRCUIT, CHOOSE 3-4 EXERCISES FROM EACH CATEGORY:
Alternate cardio and strength exercises in short bursts of 30 seconds and 3 minutes, then repeat the circuit two to three times.

CARDIO EXERCISES
- Jumping Jacks
- Squat Jumps
- Jogging or Marching in Place
- Stair-Climbing or Step-Ups
- High Knees
- Mountain Climbers
- Star Jumps
- Burpees

STRENGTHENING AND STABILITY EXERCISES
- Plank and Side Plank
- Pushups
- Sit-Ups or Crunches
- Hip Lift or Bridge Postion
- Tricep Dips on a Chair
- Lunges
- Squats or Chair Position
- Wall Sits

Learn more ways to add activity to your routine at heart.org/HealthyForGood

EAT SMART MOVE MORE BE WELL

© Copyright 2020 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. Healthy for Good is a trademark. Unauthorized use prohibited. 3/20DS15967 Please consult with your healthcare provider to determine what exercises may be best for you.
1. **Slow down.**
   Plan ahead and allow enough time to get the most important things done without having to rush.

2. **Snooze more.**
   Try to get seven to nine hours of sleep each night. To fight insomnia, add mindfulness and activity.

3. **Let worry go.**
   The world won’t end if a few things fall off of your plate. Give yourself a break and just breathe.

4. **Laugh it up.**
   Laughter makes us feel good. Don’t be afraid to laugh out loud, even when you’re alone.

5. **Get connected.**
   A daily dose of friendship is great medicine. Make time to call friends or family so you can catch up.

6. **Get organized.**
   Use “to do” lists to help you focus on your most important tasks and take big projects one step at a time.

7. **Practice giving back.**
   Volunteer your time or spend time helping out a friend. Helping others helps you.

8. **Be active every day.**
   Exercise can relieve mental and physical tension. Find something you think is fun and stick with it.

9. **Give up the bad habits.**
   Too much alcohol, tobacco or caffeine can increase blood pressure. Cut back or quit to decrease anxiety.

10. **Lean into things you can change.**
    Make time to learn a new skill, work toward a goal, or to love and help others.

Learn more at [heart.org/HealthyForGood](http://heart.org/HealthyForGood)
**1. EDUCATE YOURSELF**

The first step to quitting smoking, vaping and using tobacco is to understand the risks and health effects for you and your family.

- Smoking is the most preventable cause of death in the U.S. It’s linked to about one third of all deaths from heart disease and 90% of lung cancers.
- Cigarettes, e-cigarettes and tobacco products contain many toxic chemicals, as do their smoke, vapor and liquids.
- About half of U.S. children ages 3-11 are exposed to secondhand smoke and vapor.
- Tobacco use and nicotine addiction is a growing crisis for teens and young adults.
- You can be one of the millions of people who successfully quit every year.
- Within 1 year after quitting, your risk of heart disease goes down by half.

**2. MAKE A PLAN TO QUIT**

You’re more likely to quit tobacco for good if you prepare by creating a plan that fits your lifestyle.

- **SET** a quit date within the next 7 days.
- **CHOOSE** a method: cold turkey or gradually.
- **DECIDE** if you need help from a health care provider, nicotine replacement or medicine.
- **PREPARE** for your quit day by planning how to deal with cravings and urges.
- **QUIT** on your quit day.

**3. TIPS FOR SUCCESS**

- **DEAL WITH URGES**
  Whether physical or mental, learn your triggers and make a plan to address them. Avoid situations that make you want to smoke or use tobacco until you’re confident that you can handle them.

- **GET ACTIVE**
  Physical activity can help you manage the stress and cravings when quitting. You’ll feel better, too. heart.org/MoveMore

- **HANDLE STRESS**
  Learn other healthy ways to manage the stress of quitting. heart.org/BeWell

- **GET SUPPORT**
  A buddy system or support program can help you with some of the common struggles of quitting. 1-800-QuitNow

- **STICK WITH IT**
  Quitting tobacco takes a lot of willpower. Reward yourself when you reach milestones and forgive yourself if you take a step backward. Get back on course as soon as possible to stay on track and kick the habit for good.
# 7 Day Recording Sheet  Self-Measured Blood Pressure Monitoring

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MORNING</strong></td>
<td><strong>MORNING</strong></td>
<td><strong>MORNING</strong></td>
<td><strong>MORNING</strong></td>
<td><strong>MORNING</strong></td>
<td><strong>MORNING</strong></td>
<td><strong>MORNING</strong></td>
</tr>
<tr>
<td>1 SYS DIA PULSE</td>
<td>1 SYS DIA PULSE</td>
<td>1 SYS DIA PULSE</td>
<td>1 SYS DIA PULSE</td>
<td>1 SYS DIA PULSE</td>
<td>1 SYS DIA PULSE</td>
<td>1 SYS DIA PULSE</td>
</tr>
<tr>
<td>2 SYS DIA PULSE</td>
<td>2 SYS DIA PULSE</td>
<td>2 SYS DIA PULSE</td>
<td>2 SYS DIA PULSE</td>
<td>2 SYS DIA PULSE</td>
<td>2 SYS DIA PULSE</td>
<td>2 SYS DIA PULSE</td>
</tr>
<tr>
<td>NOTES</td>
<td>NOTES</td>
<td>NOTES</td>
<td>NOTES</td>
<td>NOTES</td>
<td>NOTES</td>
<td>NOTES</td>
</tr>
<tr>
<td><strong>EVENING</strong></td>
<td><strong>EVENING</strong></td>
<td><strong>EVENING</strong></td>
<td><strong>EVENING</strong></td>
<td><strong>EVENING</strong></td>
<td><strong>EVENING</strong></td>
<td><strong>EVENING</strong></td>
</tr>
<tr>
<td>1 SYS DIA PULSE</td>
<td>1 SYS DIA PULSE</td>
<td>1 SYS DIA PULSE</td>
<td>1 SYS DIA PULSE</td>
<td>1 SYS DIA PULSE</td>
<td>1 SYS DIA PULSE</td>
<td>1 SYS DIA PULSE</td>
</tr>
<tr>
<td>2 SYS DIA PULSE</td>
<td>2 SYS DIA PULSE</td>
<td>2 SYS DIA PULSE</td>
<td>2 SYS DIA PULSE</td>
<td>2 SYS DIA PULSE</td>
<td>2 SYS DIA PULSE</td>
<td>2 SYS DIA PULSE</td>
</tr>
<tr>
<td>NOTES</td>
<td>NOTES</td>
<td>NOTES</td>
<td>NOTES</td>
<td>NOTES</td>
<td>NOTES</td>
<td>NOTES</td>
</tr>
</tbody>
</table>

### Diagnostic SMBP, measure for 7 consecutive days
- **Confirmed hypertension**, measure for 7 consecutive days prior to next office visit

### If your blood pressure measurement is:

#### MORE THAN
- **SYS** DIA

#### BETWEEN
- **SYS** DIA & **SYS** DIA

#### LESS THAN
- **SYS** DIA

---

**INSTRUCTIONS:** If at any time you feel light headed or have a headache, check your blood pressure and call the office immediately.

---

*Provided by American Medical Association and the American Heart Association through the TargetBP program.*
<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>MORNING</td>
<td>MORNING</td>
<td>MORNING</td>
<td>MORNING</td>
<td>MORNING</td>
<td>MORNING</td>
<td>MORNING</td>
</tr>
<tr>
<td>1 SYS DIA PULSE</td>
<td>1 SYS DIA PULSE</td>
<td>1 SYS DIA PULSE</td>
<td>1 SYS DIA PULSE</td>
<td>1 SYS DIA PULSE</td>
<td>1 SYS DIA PULSE</td>
<td>1 SYS DIA PULSE</td>
</tr>
<tr>
<td>2 SYS DIA PULSE</td>
<td>2 SYS DIA PULSE</td>
<td>2 SYS DIA PULSE</td>
<td>2 SYS DIA PULSE</td>
<td>2 SYS DIA PULSE</td>
<td>2 SYS DIA PULSE</td>
<td>2 SYS DIA PULSE</td>
</tr>
</tbody>
</table>

**If your blood pressure measurement is:**

**MORE THAN**

Report Back Results By

Phone

Patient portal

Bring back device or written log

Other

**LESSTHAN**

Report Back Results By

Phone

Patient portal

Bring back device or written log

Other

**INSTRUCTIONS:** If at any time you feel light headed or have a headache, check your blood pressure and call the office immediately.

Diagnostic SMBP, measure for 7 consecutive days

Confirmed hypertension, measure for 7 consecutive days prior to next office visit

Report Back Results By

Phone

Patient portal

Bring back device or written log

Other

Your blood pressure is high.

Recheck in 5 minutes. If it remains in this range, call your physician immediately.

Your blood pressure is low.

Recheck in 5 minutes. If it remains in this range, call your physician immediately.

This is the desired range for your blood pressure.

Please continue to monitor your blood pressure as you have been instructed by your care team.
## 7 Day Recording Sheet  Self-Measured Blood Pressure Monitoring

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MORNING 🕑</strong></td>
<td><strong>MORNING 🕑</strong></td>
<td><strong>MORNING 🕑</strong></td>
<td><strong>MORNING 🕑</strong></td>
<td><strong>MORNING 🕑</strong></td>
<td><strong>MORNING 🕑</strong></td>
<td><strong>MORNING 🕑</strong></td>
</tr>
<tr>
<td>1</td>
<td>SY S</td>
<td>DIA</td>
<td>PULSE</td>
<td>1</td>
<td>SY S</td>
<td>DIA</td>
</tr>
<tr>
<td>2</td>
<td>SY S</td>
<td>DIA</td>
<td>PULSE</td>
<td>2</td>
<td>SY S</td>
<td>DIA</td>
</tr>
<tr>
<td>NOTES</td>
<td>NOTES</td>
<td>NOTES</td>
<td>NOTES</td>
<td>NOTES</td>
<td>NOTES</td>
<td>NOTES</td>
</tr>
<tr>
<td><strong>EVENING 🕒</strong></td>
<td><strong>EVENING 🕒</strong></td>
<td><strong>EVENING 🕒</strong></td>
<td><strong>EVENING 🕒</strong></td>
<td><strong>EVENING 🕒</strong></td>
<td><strong>EVENING 🕒</strong></td>
<td><strong>EVENING 🕒</strong></td>
</tr>
<tr>
<td>1</td>
<td>SY S</td>
<td>DIA</td>
<td>PULSE</td>
<td>1</td>
<td>SY S</td>
<td>DIA</td>
</tr>
<tr>
<td>2</td>
<td>SY S</td>
<td>DIA</td>
<td>PULSE</td>
<td>2</td>
<td>SY S</td>
<td>DIA</td>
</tr>
<tr>
<td>NOTES</td>
<td>NOTES</td>
<td>NOTES</td>
<td>NOTES</td>
<td>NOTES</td>
<td>NOTES</td>
<td>NOTES</td>
</tr>
</tbody>
</table>

### Diagnostic SMBP, measure for 7 consecutive days

- **Confirmed hypertension**, measure for 7 consecutive days prior to next office visit

### If your blood pressure measurement is:

- **MORE THAN**
  - SYS
  - DIA

### INSTRUCTIONS:

- **If at any time you feel light-headed or have a headache**, check your blood pressure and call the office immediately.
- **If your blood pressure is high**, recheck in 5 minutes. If it remains in this range, call your physician immediately.

- **BETWEEN**
  - SYS
  - DIA
  - &
  - SYS
  - DIA

### This is the desired range for your blood pressure.

- **Please continue to monitor your blood pressure** as you have been instructed by your care team.

- **LESS THAN**
  - SYS
  - DIA

### Your blood pressure is low.

- Recheck in 5 minutes. If it remains in this range, call your physician immediately.

---

*Provided by American Medical Association and the American Heart Association through the TargetBP program.*
Day 1
MORNING
1 SYS  DIA  PULSE
2 SYS  DIA  PULSE
NOTES

EVENING
1 SYS  DIA  PULSE
2 SYS  DIA  PULSE
NOTES

Day 2
MORNING
1 SYS  DIA  PULSE
2 SYS  DIA  PULSE
NOTES

EVENING
1 SYS  DIA  PULSE
2 SYS  DIA  PULSE
NOTES

Day 3
MORNING
1 SYS  DIA  PULSE
2 SYS  DIA  PULSE
NOTES

EVENING
1 SYS  DIA  PULSE
2 SYS  DIA  PULSE
NOTES

Day 4
MORNING
1 SYS  DIA  PULSE
2 SYS  DIA  PULSE
NOTES

EVENING
1 SYS  DIA  PULSE
2 SYS  DIA  PULSE
NOTES

Day 5
MORNING
1 SYS  DIA  PULSE
2 SYS  DIA  PULSE
NOTES

EVENING
1 SYS  DIA  PULSE
2 SYS  DIA  PULSE
NOTES

Day 6
MORNING
1 SYS  DIA  PULSE
2 SYS  DIA  PULSE
NOTES

EVENING
1 SYS  DIA  PULSE
2 SYS  DIA  PULSE
NOTES

Day 7
MORNING
1 SYS  DIA  PULSE
2 SYS  DIA  PULSE
NOTES

EVENING
1 SYS  DIA  PULSE
2 SYS  DIA  PULSE
NOTES

Diagnostic SMBP, measure for 7 consecutive days
Confirmed hypertension, measure for 7 consecutive days prior to next office visit

Report Back Results By
Phone
Patient portal
Bring back device or written log
Other

If your blood pressure measurement is:
MORE THAN
SYS  DIA

CONFIRMED HYPERTENSION
Your blood pressure is high.
Recheck in 5 minutes. If it remains in this range, call your physician immediately.

BETWEEN
SYS  DIA  &  SYS  DIA

THIS IS THE DESIRED RANGE FOR YOUR BLOOD PRESSURE.
Please continue to monitor your blood pressure as you have been instructed by your care team.

LESS THAN
SYS  DIA

YOUR BLOOD PRESSURE IS LOW.
Recheck in 5 minutes. If it remains in this range, call your physician immediately.

INSTRUCTIONS: If at any time you feel light headed or have a headache, check your blood pressure and call the office immediately.

NEXT APPOINTMENT DATE & TIME

PRACTICE ADDRESS

PHONE

EMAIL

PATIENT PORTAL

Provided by American Medical Association and the American Heart Association through the TargetBP program.