

Blood Pressure Measurement Instructions

Don't drink caffeinated or alcoholic beverages, smoke, or exercise 30 minutes before measurement.

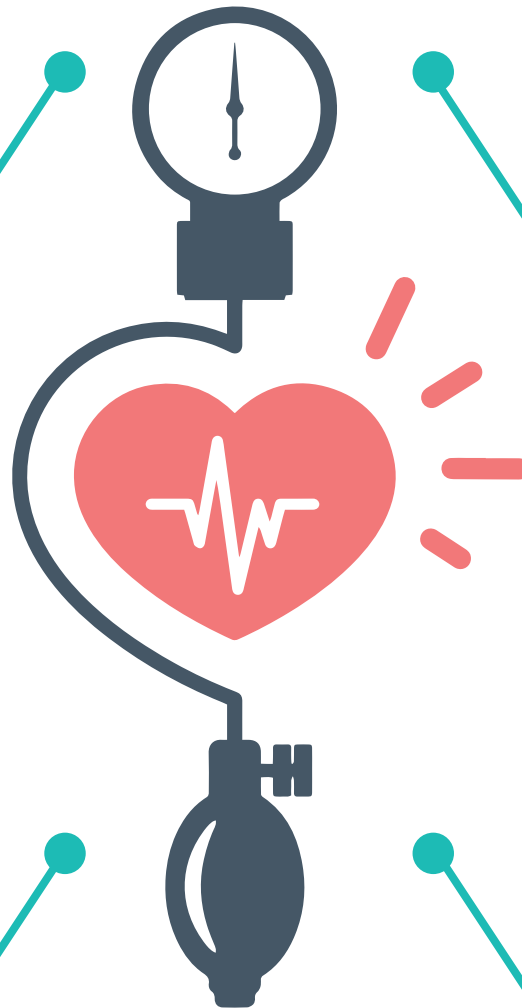
When you measure your blood pressure, take 3 separate readings at least 1 minute apart and record all three results.

Sit down and rest for at least 5 minutes before taking a reading. Place your arm comfortably on a flat surface at heart level. Remain calm and don't talk.

Make sure the cuff size properly fits your arm. Use a properly calibrated and validated instrument.

Before taking your reading, try to relax. Sit in a chair with your back straight and supported, with your feet flat on the ground.

It is best to take readings in the early morning and evening.



American Heart Association recommended blood pressure levels

BLOOD PRESSURE CATEGORY	SYSTOLIC (mm Hg)		DIASTOLIC (mm Hg)
Normal	less than 120	and	less than 80
Borderline High Blood Pressure	120-139	or	80-89
High Blood Pressure			
Stage 1	140-159	or	90-99
Stage 2	160 or higher	or	100 or higher