

# Self-Measured Blood Pressure Information Packet



## WHAT'S INSIDE:

1. SELF-MEASURED BLOOD PRESSURE MONITORING AGREEMENT
2. EXPLANATION OF HIGH BLOOD PRESSURE
3. EXPLANATION OF SELF MEASURED BLOOD PRESSURE
4. HOW TO MEASURE BLOOD PRESSURE
5. STEPS TO LOWER BLOOD PRESSURE
6. HEART FRIENDLY EXERCISES



### STEP 1

Take your BP at the same time in the am/pm. Take 2 readings 1-2 mins. apart.



### STEP 2

Log your results. This provides a more complete picture of your BP readings.



### STEP 3

Share your readings with your health care provider for proper treatment.

*Disclaimer: These steps are for informational purposes only. These steps are not intended as a substitute for the medical advice of a physician; they offer no diagnoses or prescription.*



# Self-measured blood pressure monitoring Loaner program agreement



Refer to the handouts on how to use the blood pressure cuff. If you have any additional questions contact Heather Gibb 801-525-5097

Device ID

\_\_\_\_\_

Scan the QR code for a website with more helpful tips.



**Check out date:**

\_\_\_\_/\_\_\_\_/\_\_\_\_  
Month Day Year

**Return by:**

\_\_\_\_/\_\_\_\_/\_\_\_\_  
Month Day Year

\*If you have any questions, concerns, or need immediate attention, contact your medical provider.

\*I agree to return this device in good working condition on or before its due date.

Signature \_\_\_\_\_

Date \_\_\_\_\_

# 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.

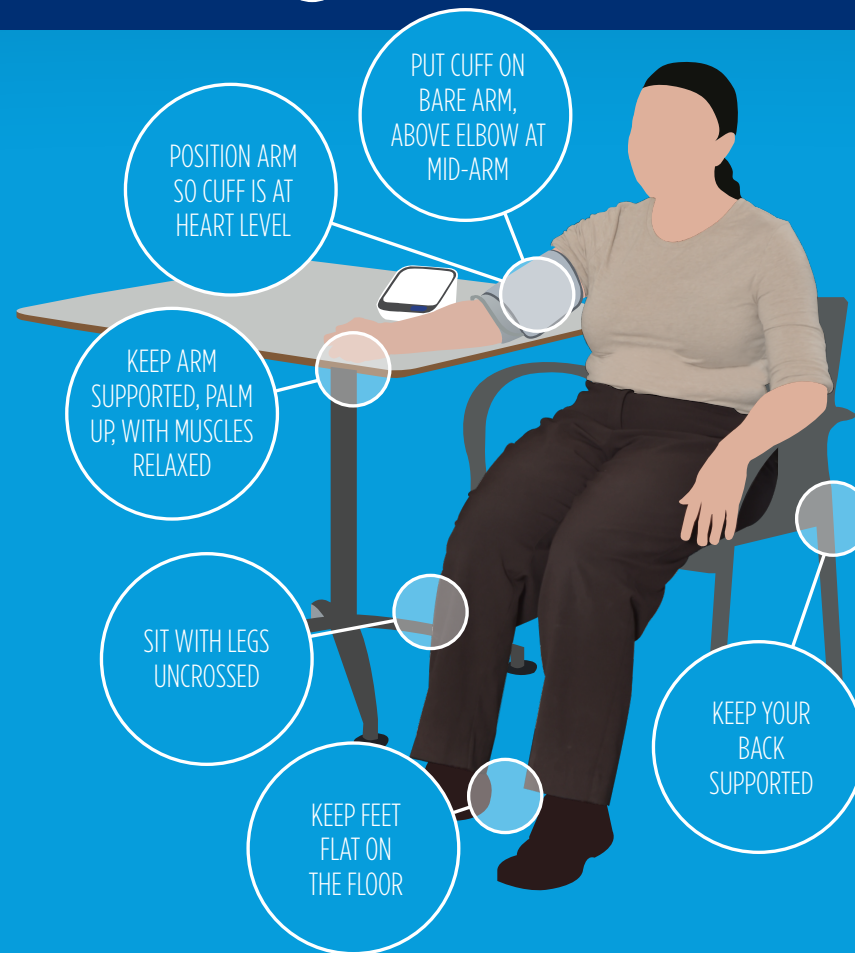
Wait at least 30 minutes after a meal.

If you're on blood pressure medication, measure your BP **before** you take your medication.

Empty your bladder beforehand.

Find a quiet space where you can sit comfortably without distraction.

## 2 POSITION



## 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.

TARGET:BP™



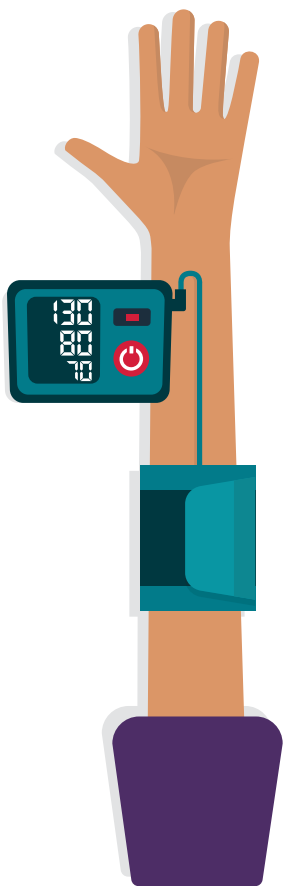
# Healthy Blood Pressure for Healthy Hearts

## Small Steps To Take Control



Every time your heart beats, it pumps blood through vessels, called arteries, to the rest of your body. Your blood pressure is how hard your blood pushes against the walls of the arteries. If your blood flows at higher than normal pressures, you may have high blood pressure, also known as hypertension.

High blood pressure is a major risk factor for heart disease, which is the leading cause of death in the United States. Millions of Americans have high blood pressure, but many people who have it don't know it. That's why it is important to have your blood pressure checked at least once a year.



### High blood pressure is a "silent killer."

It doesn't usually cause symptoms, but it can damage your body over time.

- If your blood pressure stays higher than 130/80 mm Hg for a period of time, it can cause serious health problems such as:
  - Heart disease
  - Stroke
  - Kidney disease
  - Dementia
- The only way to know whether you have high blood pressure is to have your blood pressure measured—a process that is simple and painless.
- If you find out you have high blood pressure, a health care professional can tell you how to prevent serious complications, including disability and premature death.

### Some things put us at greater risk for high blood pressure.



**Age:** Blood pressure tends to get higher as we get older. But it can affect many of us when we're younger too.



**Genes:** High blood pressure often runs in families.



**Sex:** Before age 60, more men than women have high blood pressure. After age 60, more women than men have it.



**Race or ethnicity:** While anyone can have high blood pressure, African Americans tend to get it at a younger age. Among Hispanic adults, people of Cuban, Puerto Rican, and Dominican backgrounds are at higher risk.



**Lifestyle habits:** Eating too much salt, drinking too much alcohol, being obese, smoking, and not getting enough exercise can raise our blood pressure.

## What steps can you take to lower your blood pressure?

### Set targets

Work with your doctor to set blood pressure numbers that are healthy for you. Use our worksheet at [nhlbi.nih.gov/hypertension](https://www.nhlbi.nih.gov/hypertension) to track your progress.

### Take control

Make lifestyle changes such as eating healthy, staying active, and watching your weight. If you smoke, quitting can help prevent heart disease and other complications of high blood pressure.

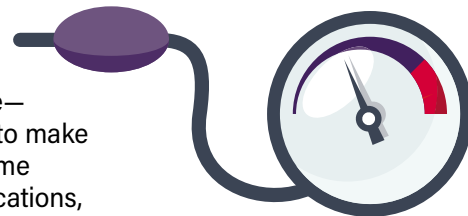
### Work together

Studies show that if you engage in heart healthy activities with people at home, at work, in your community, or online, you have a better chance of staying motivated.



## Taking the first step toward a healthy blood pressure.

**Making lifestyle changes now** can help keep your blood pressure in a healthy range—whether you have high blood pressure or you're trying to prevent it. You don't have to make big changes all at once. Small steps can get you where you want to go. Here are some ideas to start. If you have elevated blood pressure and your doctor prescribes medications, make sure to take them as directed.



### Why should I change?



#### Eat Healthy Foods

A diet **low in sodium and saturated fat**—like the DASH eating plan—can lower your blood pressure as effectively as medicines.



#### Move More

**Get at least 2½ hours of physical activity a week** to help lower and control blood pressure. That's just 30 minutes a day, 5 days a week.



#### Aim for a Healthy Weight

**Losing just 3 to 5 percent of your weight** can improve your blood pressure. If you weigh 200 lbs., that's a weight loss of 6 to 10 lbs.



#### Manage Stress

**Stress can contribute** to high blood pressure and other heart risks. If it goes on for a long time, it can make your body store more fat.



#### Stop Smoking

The **chemicals in tobacco smoke** can harm your heart and blood vessels. Quitting is hard. But many people have done it, and you can, too.

### How can I change?

- Add **one fruit or vegetable** to every meal.
- If you get fast food, ask for a **salad instead of fries**.
- Give **Meatless Monday** a try.
- Commit to **one salt-free day a week**. Use herbs for flavor instead.
  
- Invite a colleague for **regular walks or an exercise class**.
- Give the elevator a day off and **take the stairs**.
- Take a break to **play outside** with your kids.
- March in place** during commercial breaks while watching television with your family.
  
- Join a **weight loss program** with a buddy.
- Sign "social support" agreements** with three family members or friends.
  
- Practice **mindful meditation** for 10 minutes a day.
- Share a **funny video, joke, or inspirational quote** with a friend.
- Talk with your doctor** if you have trouble managing stress on your own
  
- Visit **Smokefree.gov** or **BeTobaccoFree.hhs.gov** to connect with others trying to quit.
- Sign up for a **support group** at work or your local clinic.
- Join a **sewing, knitting, or woodworking group** to keep your hands busy when you get urges.

Take control of your blood pressure today! Learn more at [www.nhlbi.nih.gov/hypertension](http://www.nhlbi.nih.gov/hypertension)



# Healthy Blood Pressure for Healthy Hearts

## Tracking Your Numbers



It's important to get your blood pressure checked at least once a year. Use this worksheet to record your blood pressure numbers each time you visit the doctor or clinic.

It usually takes more than one reading to know if you have high blood pressure. If your blood pressure has been high, your doctor may want to see you more often. Ask your doctor what your target numbers should be and how often you should get checked.

### My target blood pressure

\_\_\_\_\_ / \_\_\_\_\_

Blood pressure is measured as two numbers.

**Systolic**  
**Diastolic**



Date: \_\_\_\_\_

Blood Pressure \_\_\_\_\_ / \_\_\_\_\_

Date: \_\_\_\_\_

Blood Pressure \_\_\_\_\_ / \_\_\_\_\_

Date: \_\_\_\_\_

Blood Pressure \_\_\_\_\_ / \_\_\_\_\_

Date: \_\_\_\_\_

Blood Pressure \_\_\_\_\_ / \_\_\_\_\_

Date: \_\_\_\_\_

Blood Pressure \_\_\_\_\_ / \_\_\_\_\_

Date: \_\_\_\_\_

Blood Pressure \_\_\_\_\_ / \_\_\_\_\_

Date: \_\_\_\_\_

Blood Pressure \_\_\_\_\_ / \_\_\_\_\_

Date: \_\_\_\_\_

Blood Pressure \_\_\_\_\_ / \_\_\_\_\_

Date: \_\_\_\_\_

Blood Pressure \_\_\_\_\_ / \_\_\_\_\_

Date: \_\_\_\_\_

Blood Pressure \_\_\_\_\_ / \_\_\_\_\_

Date: \_\_\_\_\_

Blood Pressure \_\_\_\_\_ / \_\_\_\_\_

Learn more at [www.nhlbi.nih.gov/hypertension](http://www.nhlbi.nih.gov/hypertension)





# What is High Blood Pressure?

Blood pressure is the force of blood pushing against blood vessel walls. It's measured in millimeters of mercury (mm Hg).

High blood pressure (HBP) means the pressure in your arteries is higher than it should be. Another name for high blood pressure is hypertension.

Blood pressure is written as two numbers, such as 112/78 mm Hg. The top, or larger, number (called systolic pressure) is the pressure when the heart beats. The bottom, or smaller, number (called diastolic pressure) is the pressure when the heart rests between beats.

**Normal blood pressure** is below 120/80 mm Hg. If you're an adult and your systolic pressure is 120 to 129, and your diastolic pressure is less than 80, you have **elevated blood pressure**. **High blood pressure** is a systolic pressure of 130 or higher, or a diastolic pressure of 80 or higher, that stays high over time.

High blood pressure usually has no signs or symptoms. That's why it is so dangerous. But it can be managed.

Nearly half of the American population over age 20, has HBP, and many don't even know it. Not treating high blood pressure is dangerous. High blood pressure increases the risk of heart attack and stroke.

Make sure you get your blood pressure checked regularly and treat it the way your health care professional advises.

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

## Am I at higher risk of developing HBP?

There are risk factors that increase your chances of developing HBP. Some you can control, and some you can't.

### Those that can be controlled are:

- Cigarette smoking and exposure to secondhand smoke
- Diabetes
- Being obese or overweight
- High cholesterol
- Unhealthy diet (high in sodium, low in potassium, and drinking too much alcohol)
- Physical inactivity

### Factors that can't be modified or are difficult to control are:

- Family history of high blood pressure
- Race/ethnicity
- Increasing age
- Gender (males)
- Chronic kidney disease
- Obstructive sleep apnea

Socioeconomic status and psychosocial stress are also risk factors for HBP. These can affect access to basic living needs, medication, health care professionals, and the ability to adopt lifestyle changes.

(continued)



# What is self-measured blood pressure?

Self-measured blood pressure (SMBP) is when you measure your blood pressure outside of the doctor's office or other health care settings.



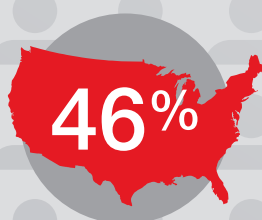
## Why do I need to measure my blood pressure if my blood pressure was already measured at the doctor's office?

SMBP allows you to measure at different times throughout the day and over a longer period of time, helping your doctor get a more complete picture of your blood pressure.

## How does SMBP help me with my health?

By using SMBP you and your care team can come up with a treatment plan to better control your blood pressure, which can prevent more serious health problems.

The consequences of hypertension can be costly ... and deadly.



46% of Americans with high blood pressure are **not** controlled



# 28 Days Toward a Healthy Heart

#OurHearts  
are healthier together

Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.

## Day 1

Call a friend and join the [#OurHearts](#) movement.



## Day 2

Make a heart-healthy snack.

## Day 3

Schedule your annual physical. Discuss your heart health goals with your doctor.



## Day 4

Sport red today for National Wear Red Day.

## Day 5

Squat it out. Do 1 minute of squats.



## Day 6

Make today a salt-free day. Use herbs for flavor instead of salt.



## Day 7

Visit [Smokefree.gov](#) to take the first step to quitting smoking.



## Day 8

Get your blood pressure checked.



## Day 9

Walk an extra 15 minutes today.



## Day 10

Aim for 30 minutes of physical activity today.



## Day 11

Plan your menu for the week with [heart-healthy recipes](#).



## Day 12

Reduce stress using [relaxation techniques](#).



## Day 13

Give the elevator a day off and take the stairs.



## Day 14

Protect your sweetheart's heart: Plan a heart-healthy date.

## Day 15

Swap the sweets for a piece of fruit for dessert.



## Day 16

Stress less. Practice mindful meditation for 10 minutes.

## Day 17

Head to bed with enough time to get a full 7-8 hours of sleep.



## Day 18

Add a stretch break to your calendar to increase your flexibility.



## Day 19

Eat vegetarian for a day.



## Day 20

Share a funny video or joke that makes you laugh.

## Day 21

Dance for 15 minutes to your favorite music.



## Day 22

Call a relative and ask about your family health history.



## Day 23

March in place during commercial breaks to get your heart going.



## Day 24

Get a tape measure and find out the size of your waist.



## Day 25

Ask a family member or neighbor to join you for a walk.



## Day 26

Fill half of your lunch and dinner plates with vegetables.



## Day 27

See how many push-ups you can do in 1 minute.

## Day 28

Pay it forward and tell a friend about [The Heart Truth](#).

