

# How to Measure Blood Pressure

## Before Measurement



Don't exercise, smoke, eat a meal, or drink caffeine or alcohol for at least 30 minutes.



Use the bathroom.



Rest for 5 minutes.



## During Measurement

### 1. SIT STILL

Use a chair.

Sit up straight and supported.

Put feet flat on the floor.



### 2. PLACE THE CUFF

Relax arm on a flat surface at heart level.

Place cuff directly above bend in elbow.

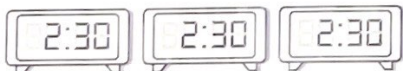


Place cuff on bare skin.



### 3. TIME IT CORRECTLY

Measure at the same time every day.



Take 2-3 measurements one minute apart. Record the results.



American Heart Association

**Live Fierce™**  
Reduce Your Risk

# 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 or	higher than 120



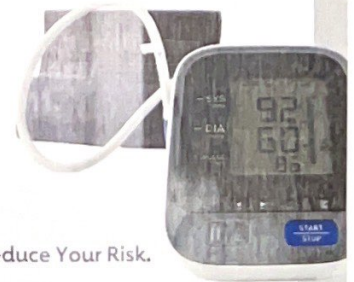
Blood pressure higher than 180/120 mm HG is an **emergency**.\*

\*Wait a few minutes, and measure again. If still high, call your doctor immediately.

If your blood pressure reading is **180/120 or greater AND you are experiencing symptoms** such as chest pain, shortness of breath, back pain, numbness/weakness, change in vision, or difficulty speaking, don't wait! Call 911.

Doctor Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_



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