



My Blood Pressure Passport



**Home blood pressure monitoring
can help you control your blood
pressure.**

MY BLOOD PRESSURE GOAL IS:

____ / ____

Taking Your Blood Pressure at Home

- Rest 5 minutes before taking your blood pressure.
- Don't smoke or drink caffeinated beverages for at least 30 minutes before.
- Take your blood pressure before (not after) you eat.
- Sit comfortably with your back supported and both feet on the floor (don't cross your legs).
- Elevate your arm to heart level on a table or a desk.
- Use the proper sized cuff. It should fit smoothly and snugly around your arm. There should be enough room to slip a fingertip under the cuff.
- Take 2 or 3 measurements in the AM and 2 or 3 measurements in the PM, for a total of between 4 and 6 measurements.

Blood Pressure

What is the recommendation for healthy blood pressure?

Blood Pressure Category	Systolic mm/hg (Top Number)		Diastolic mm/hg (Bottom Number)
Normal	Less than 120	and	Less than 80
Prehypertension	120-139	or	80-89
High Blood Pressure (Hypertension) Stage 1	140-159	or	90-99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency Care Needed)*	Higher than 180	or	Higher than 110

***If your blood pressure is at this level, call 911.**

Blood Pressure Readings

Date	Time	Systolic (Top Number)	Diastolic (Bottom Number)
	AM/PM		
	AM/PM		
	AM/PM		
	AM/PM		
	AM/PM		

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

A Heart-Healthy Lifestyle

- If you smoke, think about quitting. Call 1-800-YES-QUIT for help and talk to your doctor.
- Get at least 30 minutes of exercise a day.
- Follow a low sodium diet like the Dietary Approaches to Stop Hypertension (DASH) Diet.
- Take your blood pressure medication as prescribed every day.
- Reduce your alcohol intake.
- Reduce your stress.
- Know your blood pressure numbers.

My Medication List

Bring this to your next appointment with your doctor or visit your pharmacist and ask him/her to review.

Medication Name	Instructions
<i>Aspirin (white pill)- blood thinner</i>	<i>Take once a day at night with food</i>

Medication Name	Instructions

Contact Us

Texas Heart Disease and Stroke Program

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