CHECK CHANGE CONTROL it

YOUR HEART DEPENDS ON IT

**CALL 9-1-1 IMMEDIATELY IF YOUR BLOOD PRESSURE IS HIGHER THAN 180/110.
EMERGENCY MEDICAL TREATMENT IS REQUIRED.**

MY BLOOD PRESSURE GOAL: _____/_____ hh MG

HOW TO CHECK YOUR BLOOD PRESSURE

1. Check your blood pressure at the same time of day each day (morning, afternoon or evening, or when your doctor recommends).
2. Sit back in a chair with your back supported and feet flat on the floor. Do not cross your legs.
3. Measure your blood pressure in the same arm every time. If you are right-handed, measure it in your left arm; left-handed, in your right arm.
4. Don't exercise, drink anything with caffeine, or smoke for 30 minutes before taking your blood pressure.
5. Your arm should be supported on a flat surface with your upper arm at heart level.
6. Use the correct size cuff. Measure around your upper arm to see what size you need.
7. Wrap the cuff so that it is above the bend of your elbow and the mark on the cuff is directly over your brachial artery. Check the instructions that came with your blood pressure monitor to learn how, or ask someone in your doctor's office to show you.
8. Sit quietly for 5 minutes before taking your blood pressure.
9. Take two or three readings one minute apart every time you check. Write all the results down and share them with your doctor at your next visit.
10. If your blood pressure monitor records your heart rate, write that down as well. If it doesn't, ask your doctor to show you how to check your pulse.

DATE / TIME	READING 1		READING 2		READING 3		COMMENTS
	Blood Pressure	Heart Rate (pulse)	Blood Pressure	Heart Rate (pulse)	Blood Pressure	Heart Rate (pulse)	

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BLOOD PRESSURE TRACKER

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DATE / TIME	READING 1		READING 2		READING 3		COMMENTS
	Blood Pressure	Heart Rate (pulse)	Blood Pressure	Heart Rate (pulse)	Blood Pressure	Heart Rate (pulse)	

ONLINE HEALTH TRACKING TOOLS

Try these free resources that help you record and track your blood pressure, food and fitness:

- American Heart Association, https://www.heart360.org
- U.S. Dept. of Agriculture Super Tracker, food and physical activity trackers, https://www.choosemyplate.gov/SuperTracker/default.aspx

HEALTHY REMINDERS

- Lose weight if you're overweight.
- Eat healthy foods low in saturated fat, trans fat and salt.
- Eat five or more servings of colorful fruits and vegetables each day and choose low-fat dairy products.
- Get 30 minutes of physical activity most days of the week.
- Limit alcohol to no more than two drinks a day.
- If you smoke, stop. If you don't smoke, don't start. Avoid second-hand smoke.
- Take your medicine the way your doctor tells you.

This program was created by the Ohio Department of Health, in collaboration with Ohio physicians.
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