

UNDERSTAND YOUR BLOOD PRESSURE



STEP 1: TAKE YOUR READING

Check Device Accuracy

Bring your home monitor along to your next doctor’s appointment. Compare your device with theirs to ensure you’re getting accurate readings.

Ensure User Proficiency

Consult with your doctor on how to properly use your home monitor to take accurate readings.

Cuff Placement and Size

Ask your doctor, or refer to your device's user manual to ensure the cuff is on correctly and appropriately sized.

Consider the Timing

Measure your blood pressure in the morning prior to exercise, eating, and taking any medications. Then again in the evening, but not within 30 mins of eating or drinking.

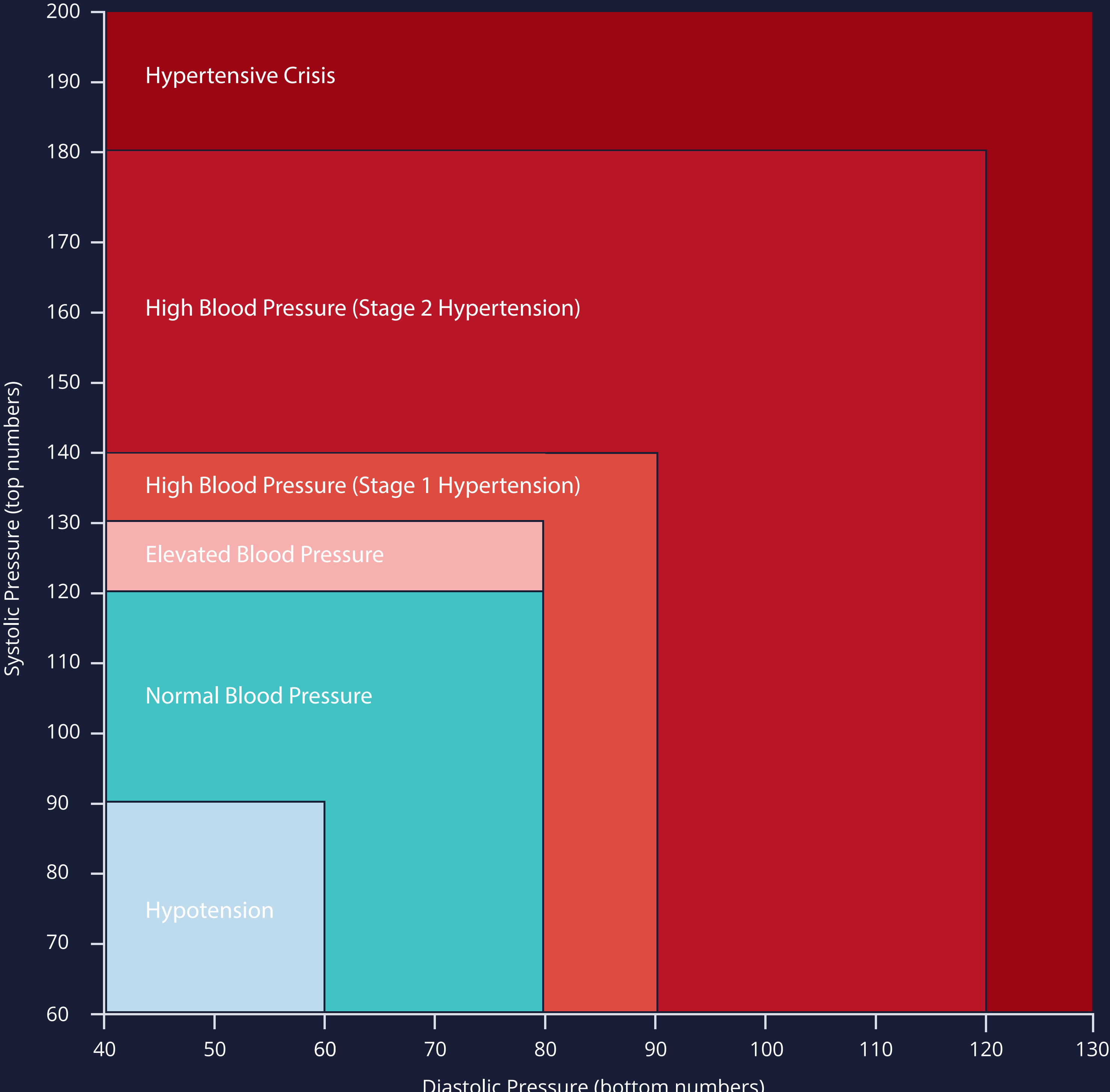
Use Proper Positioning

Always take your measurements on the same arm and keep elevated at heart level on a steady surface. Readings taken against bare skin are more accurate than over clothing.

Stay Calm

Stress increase blood pressure, keep relaxed during measurement to avoid causing skewed readings

STEP 2: CATEGORIZE YOUR BLOOD PRESSURE



STEP 3: UNDERSTAND YOUR READINGS

Remember a true diagnosis of high blood pressure must be confirmed by your physician or medical professional; all or any abnormal readings should be evaluated by doctor.

Hypotension

Your blood pressure seems to be reading low. Consistently low measurements sometimes signal dehydration or underlying conditions, especially if accompanied by symptoms like dizziness, fatigue, blurred vision, or nausea. Consult with your doctor for the most appropriate regimen.



Monitor blood pressure on a regular basis



Stay hydrated + increase water intake



Incorporate balanced diet that includes necessary nutrients

Normal Blood Pressure

Way to go! Your blood pressure is reading normal. Keep up the good work and continue to develop healthy habits that are sure to keep your blood pressure in check.



Monitor blood pressure on a regular basis



Maintain a balance diet



Include routine exercise in your daily schedule

Elevated

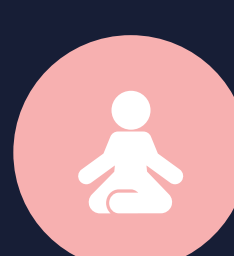
Your blood pressure is reading higher than normal. Talk with your doctor and consider making some healthy life-style changes to lower your numbers. Elevated blood pressure puts you at risk for developing hypertension.



Monitor blood pressure on a regular basis



Limit sodium intake



Manage stress levels with activities like meditation or exercise

Stage 1 Hypertension

If left untreated it's likely your blood pressure will continue to increase. You may not be experiencing symptoms, but it's important to meet with your doctor to discuss possible medications and lifestyle changes.



Monitor blood pressure on a regular basis



Make healthier eating choices avoiding processed & trans fat foods



Discuss medication options with doctor

Stage 2 Hypertension

High blood pressure readings at this stage are moderate to severe and require frequent monitoring. If you haven't already, seek medical treatment and work with your physician to develop the right plan for you.



Monitor blood pressure on a regular basis



Consult with your doctor about possible lifestyle changes related to diet and exercise



Lower stress levels by participating in activities you enjoy

Hypertensive Crisis

If blood pressure readings reach hypertensive crisis, wait 5 minutes and retake blood pressure. If readings are still high, seek immediate medical attention

At this state, immediate medical attention is required as you may be experiencing organ damage, difficulty breathing, weakness, chest pain, or changes in vision.



Remember a true diagnosis of high blood pressure must be confirmed by your physician or medical professional; all or any abnormal readings should be evaluated by doctor.