

Tips and Instructions:

Make sure to avoid smoking, drinking caffeinated beverages and/or exercise 30 minutes before taking your pressure.

Sit with your back straight and supported with your feet flat on the floor.

Place your arm on a flat surface with upper arm at heart level and relax your body.

When you are taking your reading, keep still and silent. Moving and talking can affect your reading.

Place the cuff directly over your brachial artery as shown in your monitor's instructions or ask your healthcare provider to show you how.

Record your numbers on the chart starting with the top number first and bottom second.

Category	Systolic (mm Hg)	Diastolic (mm Hg)
Stage 2 Hypertension	≥ 160	or ≥ 100
Stage 1 Hypertension	140-159	or 90-99
Prehypertension	120-139	or 80-89
Normal	< 120	and < 80



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