



## BLOOD PRESSURE TRACKER

Take your tracker with you to doctor visits. Call 9-1-1 immediately if your blood pressure is higher than 180/110. Emergency medical treatment is required.

**My blood pressure goal:** \_\_\_\_ / \_\_\_\_ mm Hg

## 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 five 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.

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## Online Health Tracking Tools

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

- American Heart Association: [heart360.org](http://heart360.org)
- U.S. Dept. of Agriculture Super Tracker, food and physical activity trackers: [choosemyplate.gov/SuperTracker/default.aspx](http://choosemyplate.gov/SuperTracker/default.aspx)

## My notes & questions for my doctor

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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