



**Blood Pressure
Tracker**

Only you can manage your blood pressure. Your health care team provides you a treatment plan which may include medication(s), healthy eating, exercising, and tracking your blood pressure readings at home.

Help put yourself in control of your blood pressure and avoid the complications of uncontrolled hypertension by using this blood pressure tracking tool. Uncontrolled blood pressure may result in diabetes, kidney disease, stroke or heart attack.

Blood Pressure Tracker

Instructions:

- Choose a blood pressure monitor with the right size cuff to fit around your upper arm.
- Have your doctor check your monitor for accuracy at least once a year.
- Take your blood pressure readings in the morning and again in the evening. Take your readings at the same times each day.
- Don't smoke, drink caffeine or exercise for 30 minutes before measuring your blood pressure. If you smoke you should quit.
- When taking your readings, sit in a chair with your back straight and supported. Feet should be flat on the floor and legs uncrossed.
- Place your arm on a flat surface (like a table) with the upper arm at heart level. The middle of the cuff should be around the brachial artery in your upper arm. To find the brachial artery, follow your monitor's instructions or have your doctor show you.
- Show your tracker to your doctor at every visit so he/she can figure out your average blood pressure reading and set a goal for you.

Recommended blood pressure levels as stated
by the American Heart Association

Normal Blood Pressure	
Systolic (Upper)	less than 120
Diastolic (Lower)	less than 80
Prehypertension	
Systolic (Upper)	120 to 139
Diastolic (Lower)	80 to 89
High Blood Pressure (Hypertension) Stage 1	
Systolic (Upper)	140 to 159
Diastolic (Lower)	90 to 99
High Blood Pressure (Hypertension) Stage 2	
Systolic (Upper)	160 or higher
Diastolic (Lower)	100 or higher
Hypertension Crisis (Emergency care needed)	
Systolic (Upper)	Higher than 180
Diastolic (Lower)	Higher than 110

Systolic: The top number measures the pressure in the arteries when the heart beats (when the heart muscle contracts)

Diastolic: The bottom number measures the pressure in the arteries between heartbeats (when the heart muscle is resting between beats and refilling with blood)

For more information about high blood pressure, or to download additional blood pressure logs, visit hap.org/caretrack. Select *Hypertension* under *Cardiovascular Diseases*.

If your blood pressure is higher than 180/110 call 9-1-1 right away or have someone drive you to the nearest emergency room.

Blood Pressure Tracker

Name: _____

Target Blood Pressure: _____

Sample	
Date: 1/29/2012	
Time (a.m.): 8	Pressure: 137/87
Time (p.m.): 6:20	Pressure: 142/92
Comments: Long, stressful day at work	
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Home Blood Pressure Log

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Personal • Group • Medicare

Health Alliance Plan

Subsidiaries:

Alliance Health and Life Insurance Company
HAP Preferred Inc.

hap.org



IN YOUR
COMMUNITY
FOR OVER

50
YEARS

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