



American Heart Association®

Check. Change. Control.®

AMERICAN HEART ASSOCIATION

CHECK. CHANGE. CONTROL BLOOD

PRESSURE SELF-MONITORING PROGRAM

Resource Guide



DO YOU KNOW YOUR BLOOD PRESSURE (BP) NUMBERS?



How to check your blood pressure



STEP 1: Locate a BP Machine

If you don't have access to a quality home monitor, look for a kiosk at your local pharmacy, grocery store, or provider's office.



STEP 2: Get seated and still

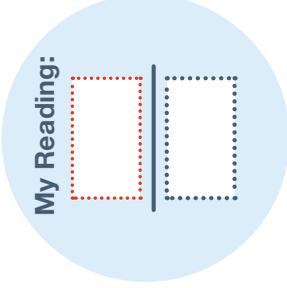
Sit quietly for five minutes before taking your BP. Place cuff directly on skin, keep both feet on the floor, back supported and relax while your BP is taken.



STEP 3: Record your numbers and compare to the chart

If your blood pressure is high, work with your health-care professional to bring your blood pressure numbers down. High blood pressure can put you at serious risk for stroke and heart disease.

HOW TO RECORD YOUR READING:



IS IT RIGHT?

- If your reading is high, wait a few minutes and recheck
- Exercise, smoking and coffee may cause a rise in BP

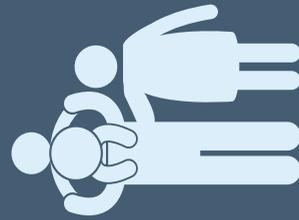
Your provider will read this blood pressure as **“117 over 76”**



EVERY **20 POINT INCREASE** in systolic BP

DOUBLES

RISK OF DEATH caused by stroke, heart disease, or other vascular disease



Improving HBP control means

MORE LIVES CAN BE SAVED!

USE THE CHECK. CHANGE. CONTROL.® TRACKER TO TRACK YOUR BLOOD PRESSURE

Visit www.ccctracker.com/aha to sign up. You'll need an email address and campaign code to create your account. Find the code on the map for your state. Tracking and working on healthier habits can lead to steady improvement.

3 STEPS FOR REACHING YOUR BLOOD PRESSURE GOALS



1 CHECK Your BP Numbers

Blood Pressure Category	Systolic mm Hg (upper #)	Diastolic mm Hg (lower #)
Normal	less than 120	and less than 80
Elevated	120-129	and less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	or 80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or 90 or higher
Hypertensive crisis	higher than 180	and/or higher than 120

HIGH BLOOD PRESSURE / STAGE 1
 *Recommendations: 10-year heart disease and stroke risk assessment. If less than 10% risk, lifestyle changes, reassessed in 3-6 months. If higher, lifestyle changes and medication with monthly follow-ups until BP controlled.

HIGH BLOOD PRESSURE / STAGE 2
 *Recommendations: Lifestyle changes and 2 different classes of medicine, with monthly follow-ups until BP is controlled.

HYPERTENSIVE CRISIS Consult your doctor immediately

* Individual recommendations need to come from your doctor.

2 CHANGE & Recheck

- Commit to the process of improving your BP.
- Set small, achievable goals and watch your numbers improve.

3 CONTROL & Reach Your BP Goal

KEY LIFESTYLE OPPORTUNITIES TO LOWER YOUR BLOOD PRESSURE:



REDUCE WEIGHT
↓ 5 mm Hg



PHYSICAL ACTIVITY
↓ 5-8 mm Hg



ADOPT D.A.S.H. EATING PLAN
↓ 11 mm Hg



MODERATION OF ALCOHOL CONSUMPTION
↓ 4 mm Hg



LOWER SODIUM INTAKE
↓ 5-6 mm Hg

OTHER TIPS FOR REACHING YOUR GOAL:

- Keep the longterm goal in mind: lower risks and a healthier life
- Get support from friends and family
- Celebrate each small change and improvement!

HEART.ORG/HBP

How to measure your blood pressure at home

Follow these steps for an accurate blood pressure reading

1 PREPARE

Avoid caffeine, cigarettes and other stimulants 30 minutes before you measure your blood pressure.

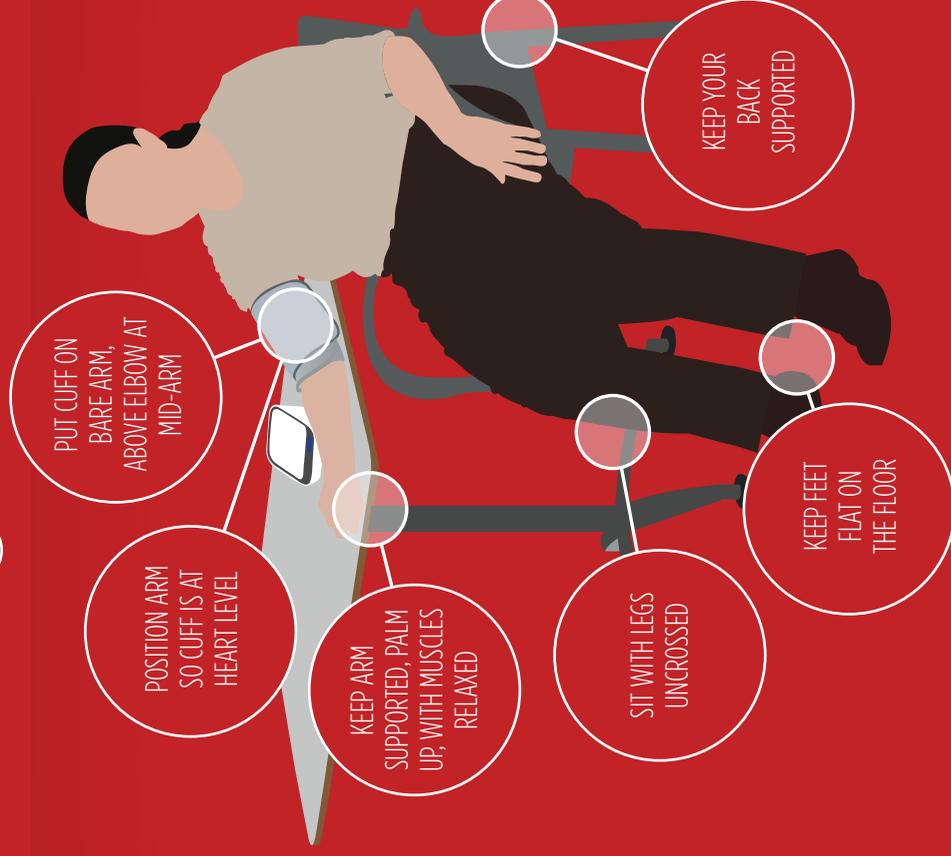
Wait at least 30 minutes after a meal.

If you're on blood pressure medication, measure your BP before you take your medication.

Empty your bladder beforehand.

Find a quiet space where you can sit comfortably without distraction.

2 POSITION



3 MEASURE

Rest for five minutes while in position before starting.

Take two or three measurements, one minute apart.

Keep your body relaxed and in position during measurements.

Sit quietly with no distractions during measurements—avoid conversations, TV, phones and other devices.

Record your measurements when finished.

TARGET:BP™ |  AMAA®



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Consequences of High Blood Pressure

High blood pressure is often the first domino in a chain or “domino effect” leading to devastating consequences, like:



STROKE

HBP can cause blood vessels in the brain to burst or clog more easily.



VISION LOSS

HBP can strain the vessels in the eyes.



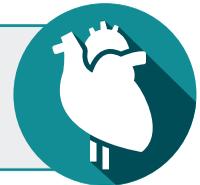
HEART FAILURE

HBP can cause the heart to enlarge and fail to supply blood to the body.



HEART ATTACK

HBP damages arteries that can become blocked.



SEXUAL DYSFUNCTION

This can be erectile dysfunction in men or lower libido in women.



KIDNEY DISEASE/ FAILURE

HBP can damage the arteries around the kidneys and interfere with their ability to effectively filter blood.



A simple **blood pressure check** is the first step to preventing the “domino effect.”

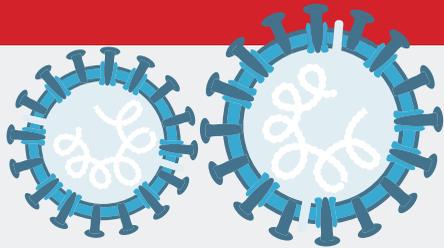
Learn more at heart.org/hbp.

Resources to maintain healthy lifestyle during the COVID-19 outbreak

Stay healthy at home with tips from the American Heart Association



American Heart Association.



Prevention is key in limiting the spread of coronavirus.

With more people working remotely or limiting their exposure to other people, it's important to maintain healthy habits at home.



Wash your hands often & stay home when you feel sick.

Don't disregard your physical activity and healthy eating habits. These are the foundation to maintaining and improving your health.

Here are some ideas to stay healthy and active at home:



Create an at home circuit workout. Select three or four exercises you can do at home like jumping jacks, lunges or jogging in place. Repeat the circuit 2-3 times. For more ways to stay physically active at home, [click here](#).



Use shelf-stable ingredients to cook heart-healthy meals. Canned, frozen and dried fruits and vegetables, frozen meat and dried grains are great shelf-stable options to have on hand for recipes. For shelf-stable recipes, [click here](#).



Fight stress. Use time at home as an opportunity to take action against stress. Take a few minutes each day to meditate, improve your sleep, and call friends and family to stay socially connected. For more ways to manage stress, [click here](#).

The American Heart Association is advising caution and preparation for **people who have heart disease or who have survived a stroke.**

Heart patients face a higher risk of complications if they get the virus, and stroke patients may face complications. Remember the basics in your everyday activities:



wash your hands often with soap and water for at least 20 seconds



practice social distancing



stay home from work if you are sick



avoid touching surfaces in public

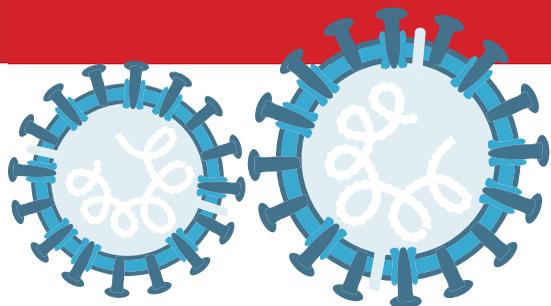


try not to touch your face



cover your cough with a tissue and throw tissue away

Coronavirus precautions for patients & others facing higher risks



The American Heart Association is advising caution and preparation for elderly people with coronary heart disease or hypertension because they are more likely to be infected and to develop more severe symptoms. Stroke survivors may face increased risk for complications if they get COVID-19.

Get Prepared at Home



Make sure you can reach your doctor quickly.



If you live alone, **gather a list of support contacts who you might call on if needed.**



Take stock of your medications. Make sure you have enough for an extended time. Also figure out how you would get refills if you couldn't leave home.



Make sure you have plenty of food, beverage and hygiene supplies for yourself, your family and your pets.

What if you have symptoms of coronavirus?

Common symptoms include **fever** and **cough**. Contact your health care provider if you have these symptoms. **If you experience shortness of breath or other heart attack or stroke warning signs, call 911.**



Make sure appropriate caregivers are available at home.



Ensure there's a separate bedroom where the patient can recover without sharing immediate space with others.



Set up some basic rules for making sure the person being isolated can get food and other necessities with minimal risk.



GROCERY SHOPPING AND COVID-19

WHAT YOU NEED TO KNOW



Tips for shopping safely:

During this stay-at-home phase of the coronavirus pandemic, you will need to continue to purchase food and other household items. Venturing to the grocery store (or ordering from a grocery delivery service like Instacart, Shipt or Amazon Fresh) to stock up on several days of essentials is a necessity. But at the same time, health experts strongly recommend social distancing as one of the necessary measures to control the virus's spread. So, what are some ways to safely shop for food in our current environment? We've got some tips for you.

If you physically go to a grocery store ...

BEFORE YOU GO



WASH YOUR HANDS thoroughly before you go.



When you do go, **GO DURING OFF-PEAK HOURS** and if possible, **BRING DISINFECTING WIPES WITH YOU** – many grocery stores provide sanitizing wipes, but it's good to have a backup. Your grocery stores may have dedicated days of the weeks and times for persons at higher risk of complications from COVID-19 (persons who are 65 and older and/or persons with underlying health issues).

AT THE STORE



Upon arrival, **WIPE DOWN CARTS AND BASKETS**, especially the handles. Some grocery stores are providing disinfected shopping carts.



Maintain normal shopping habits and **AVOID OVERBUYING OR HOARDING ITEMS**.



Be extra careful to **KEEP YOUR HANDS AWAY FROM YOUR FACE**.



STAY AT LEAST SIX FEET AWAY FROM OTHER SHOPPERS while you're shopping and when you're in line to check out.



If possible, **USE THE SELF-CHECKOUT LANE** – this reduces your contact with other people. Use a credit card or virtual payment system (like Apple Pay or Google Pay for example) to pay for your groceries.



If you do go through a cashier instead of the self-checkout lane, **BAG YOUR OWN GROCERIES** – whether you bring your own bags or use the ones provided by the grocery store.



PUMP SOME HAND SANITIZER ON YOUR HANDS ON YOUR WAY OUT or use sanitizer or soap after loading your car with groceries.

WHEN YOU GET HOME



When you get home, **ASSIGN ONE PERSON IN YOUR HOUSEHOLD TO HANDLE THE GROCERIES**.

This person will unload and clean your items. This is a good way to minimize unnecessary potential exposure to other people in your household.



WIPE DOWN YOUR GROCERIES with a disinfectant wipe or with soap and water. After you've cleaned your items and put them away, recycle or discard bags, boxes, or other containers and then **CLEAN ANY SURFACES YOUR GROCERY BAGS AND GROCERIES TOUCHED** – think counter tops, refrigerator handles, cabinet and pantry handles.



WASH YOUR HANDS again.

If you get your items delivered ...

STEP 1



ORDER EARLIER THAN YOU USUALLY DO. Amid higher demand, you may have to wait longer than normal to receive your items.

STEP 2



AVOID A DIRECT HAND-OFF. Apps like Instacart have a "Leave at my door" option – use it.

STEP 3



If you live alone and are unable to bend over to lift a bag, or bags, or a box, **THINK ABOUT A TABLE OR BENCH AT YOUR DOOR**, if possible, where groceries can be left.

STEP 4



TIP ELECTRONICALLY, if possible – most apps have this option.

STEP 5



ASSIGN ONE PERSON IN YOUR HOUSEHOLD TO HANDLE THE GROCERIES. This person will unload and clean your items. This is a good way to minimize unnecessary potential exposure to other people in your household.

STEP 6

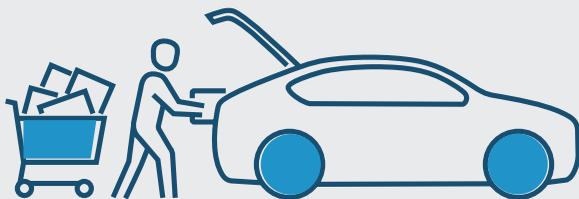


WIPE DOWN YOUR GROCERIES with a disinfectant wipe or with soap and water. After you've cleaned your items and put them away, recycle or discard bags, boxes, or other containers and then clean any surfaces your grocery bags and groceries touched – think counter tops, refrigerator handles, cabinet and pantry handles.

STEP 7



WASH YOUR HANDS again.



If you're picking up groceries ...

Follow the same guidelines for delivery

CONSIDER OPENING YOUR CAR DOOR OR TRUNK YOURSELF AND rather than having the person bringing the items to your car touch the handle.

What about packages from FedEx or Amazon that come in boxes or large envelopes?



AVOID A DIRECT HAND-OFF. Most delivery workers are now leaving packages at your door.



WIPE THEM DOWN with a disinfectant wipe or with soap and water, if appropriate. If it's clothes for example, it probably makes more sense to pop them in your washer.



ASSIGN ONE PERSON IN YOUR HOUSEHOLD TO HANDLE YOUR ITEMS.



RECYCLE OR DISCARD OF YOUR PACKAGING.



CLEAN ANY SURFACES YOUR NEW ITEMS MAY HAVE TOUCHED – think counter tops, refrigerator handles, cabinet and pantry handles.



REMOVE ITEMS FROM PACKAGING OUTSIDE.



WASH YOUR HANDS thoroughly.

What do I need to know about COVID-19 if I have high blood pressure?



BECAUSE OF YOUR CONDITION, YOU FACE HIGHER RISKS OF COMPLICATIONS FROM COVID-19 IF YOU CONTRACT THE DISEASE, WHICH MAKES CAUTION EXTREMELY IMPORTANT.

Do everything possible to avoid exposure to the coronavirus. Staying away from other people is critically important — especially if you are in your 60s or older. And don't forget the safety basics:

- **handwashing with soap and water for at least 20 seconds**
- **not touching surfaces**
- **cleaning surfaces diligently**

The CDC has a full list of recommended precautions. In addition, continue taking all your medications as prescribed, including ACE inhibitors and ARBs. These medications do not increase your risk of contracting COVID-19.

If you are diagnosed with COVID-19, you should be fully evaluated before adding or removing any treatments. And high blood pressure patients and diabetes patients should both keep in mind that your overall medical condition is much better if your blood pressure and diabetes are optimally controlled.

7 SALTY MYTHS **BUSTED**



American Heart Association.

1 ELIMINATE sodium COMPLETELY for GOOD HEALTH



SODIUM is an **ESSENTIAL NUTRIENT** that **CONTROLS BLOOD PRESSURE** and is **needed** to make nerves and muscles work properly, but you need the **RIGHT AMOUNT**.

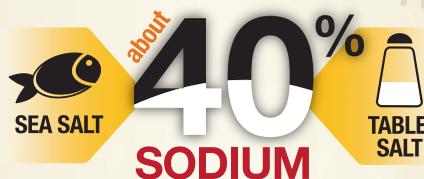
Institute of Medicine. 2004. Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate. Washington, DC: The National Academies Press.

4 HIGH levels of SODIUM are FOUND only in FOOD

Some over-the-counter medications contain high levels of sodium. Carefully read drug labels, and remember that some companies produce low-sodium, over-the-counter products.



2 SEA SALT has LESS SODIUM than TABLE SALT



Sea salt has boomed in popularity, but it usually isn't any **less salty**. Just like table salt, it typically **contains 40% sodium**.

Institute of Medicine. 2010. Strategies to Reduce Sodium Intake in the United States. Washington, DC: The National Academies Press

5 LOWER SODIUM foods have NO TASTE



There is a rich world of creative and flavorful alternatives to salt.

Experiment with **spices, herbs** and **citrus** to **enhance** the natural **flavor** of your **food!**

6 My BLOOD PRESSURE is NORMAL, so I don't NEED to WORRY about how much SODIUM I eat

THE AMERICAN HEART ASSOCIATION recommends **CONSUMING LESS THAN**

1500mg
daily

Even for people who don't have high blood pressure, less **sodium** will significantly blunt the rise in blood pressure that occurs as we age and will also reduce the risk developing other conditions, such as **kidney disease**, associated with eating too much **sodium**.

Appel LJ, Frohlich ED, Hall JE, Pearson TA, Sacco RL, Seals DR, Sacks FM, Smith SC, Vafiadis DK, Van Horn LV. Circulation. 2011;123:1138-1143.

3 I usually don't SALT my FOOD, so I DON'T EAT too MUCH SODIUM



of **SODIUM** Americans **consume** is estimated to come from **processed foods** – not the salt shaker.

That's why it's so important to compare **NUTRITION FACTS** labels and serving sizes.

Mattes, R. D., and D. Donnelly. 1991. Journal of the American College of Nutrition 10(4):383-393.

7 I don't EAT a lot of SALTY FOOD so I DON'T EAT too much SODIUM

WATCH OUT FOR:



POULTRY



CHEESE



BREAD

These foods can have excess sodium that can increase your risk for heart disease and stroke.

Centers for Disease Control and Prevention. 2012. Vital Signs: Food Categories Contributing the Most to Sodium Consumption — United States, 2007–2008. Morbidity and Mortality Weekly Report (61), February 7, 2012.

Learn more at heart.org/mylifecheck



GET ACTIVE

Try to get at least 150 minutes per week of moderate aerobic exercise or 75 minutes per week of vigorous exercise (or a combination of both), preferably spread throughout the week. Even short bursts of exercise can be beneficial, and all those little steps will lead to big gains in the long run.

EAT BETTER

Eat a colorful diet full of fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. Try to limit sugary foods and drinks, fatty or processed meats and salt.



LOSE WEIGHT

Maintaining a healthy weight is important for your health. To lose weight, you need to burn more calories than you eat. Learning to balance healthy eating and physical activity can help you lose weight more easily and keep it off.

CONTROL CHOLESTEROL

Cholesterol comes from two sources: your body (which makes all the cholesterol you need) and food made from animals. Eating smart, adding color and moving more can all help lower your cholesterol.



MANAGE BLOOD PRESSURE

Blood pressure is the force of blood pushing against blood vessel walls. Sometimes the pressure in arteries is higher than it should be, a condition known as high blood pressure. Stress and poor diet have both been linked to high blood pressure, so it's important to be well and eat smart to help positively influence your blood pressure numbers.

REDUCE BLOOD SUGAR

Blood glucose (aka sugar) is an important fuel for your body. It comes from the food you eat, so it's important to eat smart. Cut out added sugars by checking nutrition fact labels and ingredients, limiting sweets and sugary beverages, and choosing simple foods over heavily processed ones. Also, you can move more, because moderate-intensity aerobic physical activity can also help your body respond to insulin.



QUIT SMOKING

Not smoking is one of the best things you can do for your health. Smoking damages your circulatory system and increases your risk of multiple diseases, but the good news is that your lungs can begin to heal themselves as soon as you stop. Moving more can help you on your journey, since physical activity can help you manage stress.



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Healthy for Good™

CHOOSE YOUR OWN WORKOUT

Circuits can be a great way to work out
without any special equipment

TO BUILD YOUR CIRCUIT, CHOOSE 3-4 EXERCISES FROM EACH CATEGORY:

Alternate cardio and strength exercises in short bursts of 30 seconds and 3 minutes, then repeat the circuit two to three times.



CARDIO EXERCISES

- Jumping Jacks
- Squat Jumps
- Jogging or Marching in Place
- Stair-Climbing or Step-Ups
- High Knees
- Mountain Climbers
- Star Jumps
- Burpees



STRENGTHENING AND STABILITY EXERCISES

- Plank and Side Plank
- Pushups
- Sit-Ups or Crunches
- Hip Lift or Bridge Position
- Tricep Dips on a Chair
- Lunges
- Squats or Chair Position
- Wall Sits



Learn more ways to add activity to your routine at
heart.org/HealthyForGood

EAT SMART

MOVE MORE

BE WELL



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Healthy for Good™

FIGHT STRESS WITH HEALTHY HABITS

1. **Slow down.**

Plan ahead and allow enough time to get the most important things done without having to rush.

2. **Snooze more.**

Try to get seven to nine hours of sleep each night. To fight insomnia, add mindfulness and activity.

3. **Let worry go.**

The world won't end if a few things fall off of your plate. Give yourself a break and just breathe.

4. **Laugh it up.**

Laughter makes us feel good. Don't be afraid to laugh out loud, even when you're alone.

5. **Get connected.**

A daily dose of friendship is great medicine. Make time to call friends or family so you can catch up.

6. **Get organized.**

Use "to do" lists to help you focus on your most important tasks and take big projects one step at a time.

7. **Practice giving back.**

Volunteer your time or spend time helping out a friend. Helping others helps you.

8. **Be active every day.**

Exercise can relieve mental and physical tension. Find something you think is fun and stick with it.

9. **Give up the bad habits.**

Too much alcohol, tobacco or caffeine can increase blood pressure. Cut back or quit to decrease anxiety.

10. **Lean into things you can change.**

Make time to learn a new skill, work toward a goal, or to love and help others.

Learn more at heart.org/HealthyForGood



HOW TO QUIT TOBACCO

1 EDUCATE YOURSELF

The first step to quitting smoking, vaping and using tobacco is to understand the risks and health effects for you and your family.

- ➔ Smoking is the most preventable cause of death in the U.S. It's linked to about one third of all deaths from heart disease and 90% of lung cancers.
- ➔ Cigarettes, e-cigarettes and tobacco products contain many toxic chemicals, as do their smoke, vapor and liquids.
- ➔ About half of U.S. children ages 3-11 are exposed to secondhand smoke and vapor.
- ➔ Tobacco use and nicotine addiction is a growing crisis for teens and young adults.
- ➔ You can be one of the millions of people who successfully quit every year.
- ➔ Within 1 year after quitting, your risk of heart disease goes down by half.



2 MAKE A PLAN TO QUIT

You're more likely to quit tobacco for good if you prepare by creating a plan that fits your lifestyle.

SET a quit date within the next 7 days.

CHOOSE a method: cold turkey or gradually.

DECIDE if you need help from a health care provider, nicotine replacement or medicine.

PREPARE for your quit day by planning how to deal with cravings and urges.

QUIT on your quit day.

LEARN MORE AT HEART.ORG/MYLIFECHECK AND HEART.ORG/TOBACCO

3 TIPS FOR SUCCESS



DEAL WITH URGES

Whether physical or mental, learn your triggers and make a plan to address them. Avoid situations that make you want to smoke or use tobacco until you're confident that you can handle them.



GET ACTIVE

Physical activity can help you manage the stress and cravings when quitting. You'll feel better, too. heart.org/MoveMore



HANDLE STRESS

Learn other healthy ways to manage the stress of quitting. heart.org/BeWell



GET SUPPORT

A buddy system or support program can help you with some of the common struggles of quitting. 1-800-QuitNow



STICK WITH IT

Quitting tobacco takes a lot of willpower. Reward yourself when you reach milestones and forgive yourself if you take a step backward. Get back on course as soon as possible to stay on track and kick the habit for good.

7 Day Recording Sheet Self-Measured Blood Pressure Monitoring

Name _____

Date _____

Day 1

MORNING ☀

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

EVENING 🌙

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

Day 2

MORNING ☀

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

EVENING 🌙

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

Day 3

MORNING ☀

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

EVENING 🌙

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

Day 4

MORNING ☀

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

EVENING 🌙

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

Day 5

MORNING ☀

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

EVENING 🌙

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

Day 6

MORNING ☀

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

EVENING 🌙

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

Day 7

MORNING ☀

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

EVENING 🌙

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

PRACTICE ADDRESS

Diagnostic SMBP, measure for 7 consecutive days

Confirmed hypertension, measure for 7 consecutive days prior to next office visit

PHONE _____

EMAIL _____

Report Back Results By

Phone

Patient portal

Bring back device or written log

Other

PATIENT PORTAL _____

NEXT APPOINTMENT DATE & TIME _____

If your blood pressure measurement is:

MORE THAN

SYS	DIA
-----	-----

Your blood pressure is high.
Recheck in 5 minutes. If it remains in this range, call your physician immediately.

BETWEEN

SYS	DIA	&	SYS	DIA
-----	-----	---	-----	-----

This is the desired range for your blood pressure.
Please continue to monitor your blood pressure as you have been instructed by your care team.

LESS THAN

SYS	DIA
-----	-----

Your blood pressure is low.
Recheck in 5 minutes. If it remains in this range, call your physician immediately.

INSTRUCTIONS: If at any time you feel light headed or have a headache, check your blood pressure and call the office immediately.

7 Day Recording Sheet Self-Measured Blood Pressure Monitoring

Name _____

Date _____

Day 1

MORNING ☀

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

EVENING 🌙

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

Day 2

MORNING ☀

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

EVENING 🌙

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

Day 3

MORNING ☀

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

EVENING 🌙

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

Day 4

MORNING ☀

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

EVENING 🌙

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

Day 5

MORNING ☀

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

EVENING 🌙

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

Day 6

MORNING ☀

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

EVENING 🌙

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

Day 7

MORNING ☀

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

EVENING 🌙

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

PRACTICE ADDRESS

Diagnostic SMBP, measure for 7 consecutive days

Confirmed hypertension, measure for 7 consecutive days prior to next office visit

PHONE _____

EMAIL _____

Report Back Results By

Phone

Patient portal

Bring back device or written log

Other

PATIENT PORTAL

NEXT APPOINTMENT DATE & TIME _____

If your blood pressure measurement is:

MORE THAN

SYS	DIA
-----	-----

Your blood pressure is high.
Recheck in 5 minutes. If it remains in this range, call your physician immediately.

BETWEEN

SYS	DIA	&	SYS	DIA
-----	-----	---	-----	-----

This is the desired range for your blood pressure.
Please continue to monitor your blood pressure as you have been instructed by your care team.

LESS THAN

SYS	DIA
-----	-----

Your blood pressure is low.
Recheck in 5 minutes. If it remains in this range, call your physician immediately.

INSTRUCTIONS: If at any time you feel light headed or have a headache, check your blood pressure and call the office immediately.

7 Day Recording Sheet Self-Measured Blood Pressure Monitoring

Name _____

Date _____

Day 1

MORNING ☀

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

EVENING 🌙

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

Day 2

MORNING ☀

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

EVENING 🌙

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

Day 3

MORNING ☀

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

EVENING 🌙

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

Day 4

MORNING ☀

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

EVENING 🌙

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

Day 5

MORNING ☀

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

EVENING 🌙

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

Day 6

MORNING ☀

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

EVENING 🌙

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

Day 7

MORNING ☀

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

EVENING 🌙

1	SYS	DIA
	PULSE	

2	SYS	DIA
	PULSE	

NOTES _____

PRACTICE ADDRESS

Diagnostic SMBP, measure for 7 consecutive days

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-----	-----	---	-----	-----

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7 Day Recording Sheet Self-Measured Blood Pressure Monitoring

Name _____

Date _____

Day 1

MORNING ☀

1	SYS	DIA
		PULSE

2	SYS	DIA
		PULSE

NOTES _____

EVENING 🌙

1	SYS	DIA
		PULSE

2	SYS	DIA
		PULSE

NOTES _____

Day 2

MORNING ☀

1	SYS	DIA
		PULSE

2	SYS	DIA
		PULSE

NOTES _____

EVENING 🌙

1	SYS	DIA
		PULSE

2	SYS	DIA
		PULSE

NOTES _____

Day 3

MORNING ☀

1	SYS	DIA
		PULSE

2	SYS	DIA
		PULSE

NOTES _____

EVENING 🌙

1	SYS	DIA
		PULSE

2	SYS	DIA
		PULSE

NOTES _____

Day 4

MORNING ☀

1	SYS	DIA
		PULSE

2	SYS	DIA
		PULSE

NOTES _____

EVENING 🌙

1	SYS	DIA
		PULSE

2	SYS	DIA
		PULSE

NOTES _____

Day 5

MORNING ☀

1	SYS	DIA
		PULSE

2	SYS	DIA
		PULSE

NOTES _____

EVENING 🌙

1	SYS	DIA
		PULSE

2	SYS	DIA
		PULSE

NOTES _____

Day 6

MORNING ☀

1	SYS	DIA
		PULSE

2	SYS	DIA
		PULSE

NOTES _____

EVENING 🌙

1	SYS	DIA
		PULSE

2	SYS	DIA
		PULSE

NOTES _____

Day 7

MORNING ☀

1	SYS	DIA
		PULSE

2	SYS	DIA
		PULSE

NOTES _____

EVENING 🌙

1	SYS	DIA
		PULSE

2	SYS	DIA
		PULSE

NOTES _____

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American
Heart
Association.