

My Blood Pressure Log

> Tips on Taking Your Blood Pressure

- *Measure your blood pressure twice a day -- morning and late afternoon -- at about the same times every day.*
- *For best results, sit comfortably with both feet on the floor for at least two minutes before taking a measurement.*
- *When you measure your blood pressure, rest your arm on a table so the blood pressure cuff is at about the same height as your heart.*
- *Record your blood pressure on this sheet and show it to your doctor at every visit.*

> Blood Pressure Categories

CATEGORY	SYSTOLIC mmHg (Upper Number)	DIASTOLIC mmHg (Lower Number)
NORMAL	LESS THAN 120	LESS THAN 80
ELEVATED	120-129	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	90 OR HIGHER
HYPERTENSIVE CRISIS (CONSULT WITH YOUR DOCTOR)	HIGHER THAN 180	



WE ACCEPT MOST MAJOR INSURANCE

My Blood Pressure Log

Name _____

My Blood Pressure Goal _____

[illegible][illegible][illegible][illegible]

TEXAS: ATLANTA | LONGVIEW | MARSHALL | MT. PLEASANT

TEXARKANA | WAKE VILLAGE

ARKANSAS: BRANT | DE QUEEN | MAUMELLE

SHERWOOD ' TEXARKANA

OKLAHOMA: CHOCTAW | EDMOND | MIDWEST CITY | MOORE

LOUISIANA: SHREVEPORT

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