

SELF-MONITORING BLOOD PRESSURE PROGRAM

Self-monitoring blood pressure allows you to use a personal blood pressure monitoring machine to **check your blood pressure at home**. This can help with early diagnosis of many medical conditions.

HERE'S HOW IT **WORKS**:

- ✓ Local health departments and participating pharmacies can offer the program.
- ✓ You can receive a free blood pressure monitoring device while you are in the program.
- ✓ We encourage you to monitor your blood pressure at home in the morning and evening, twice each time for accuracy.
- ✓ Record your readings on a piece of paper or log book.
- ✓ The health department or pharmacy may recommend a series of follow-up calls or appointments to check your readings.

DO YOU KNOW WHAT **YOUR BLOOD PRESSURE LEVEL IS?**

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
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 (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

HOW TO **LEARN MORE**:

Contact your local health department or pharmacy to get started.