



MARTIN'S POINT[®]
HEALTH CARE

DURING YOUR READING:

Do not talk.

Make sure the blood pressure cuff is placed on your BARE ARM.

Ensure proper CUFF FIT.

Sit still with your feet flat on the floor.

Recheck elevated blood pressure reading.



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From http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_445846.pdf

¹The Health of America Report, Blue Cross Blue Shield; www.bcbs.com/the-health-of-america/reports

Make Sure Your Blood Pressure Reading Is Correct!



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Take these actions to improve the accuracy of your blood pressure readings.

BEFORE YOUR READING:

Avoid CAFFEINE/
TOBACCO
30 minutes prior.

Empty your bladder.

SIT CALMLY for at least 5 MINUTES with arm support and back at rest.

Keep a log of your readings and bring it to every check-up.



Blood Pressure Basics

Your blood pressure is expressed as one number over another number. The **top number** (systolic blood pressure or **SBP**) is the pressure in your arteries when the heart contracts/beats. The **bottom number** (diastolic blood pressure or **DBP**) is the pressure when your heart rests between beats.

Each of these actions can affect your blood pressure reading:

ACTION	May INCREASE Your Reading By:
Not using bare arm	+5 to +50 mm Hg SBP
Not resting for 5 minutes prior to BP measurement	+10 to +20 mm Hg SBP
Recent use of tobacco/caffeine	+6 to +11 mm Hg SBP +5 mm Hg DBP
Arm unsupported	+1 to +7 mm Hg SBP +5 to +11 mm Hg DBP
Cuff too small	+8 to +10 mm Hg SBP +2 to +8 Hg DBP
Patient sitting without back support	+6 to +10 mm Hg SBP
Full bladder	+5 mm Hg to +10 mm Hg SBP +3 to +7 mm Hg DBP
Legs crossed	+8 mm Hg SBP
Talking	+7 mm Hg SBP +8 mm Hg DBP

American Heart Association Recommended Blood Pressure Levels

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and/or 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

