

A Team Approach to Blood Pressure Control

My Blood Pressure Diary:



Primary Care Provider (PC):

Phone: _____

Dental Provider (DP):

Phone: _____

Next Primary Care Appt: _____

Next Dental Appt: _____

Get your blood pressure checked regularly by your doctor, dentist or other healthcare professional.

DATE:	SMBP	DP	PC	BLOOD PRESSURE
Today's date	✓			120/80

KNOW YOUR NUMBERS

NORMAL BLOOD PRESSURE

BELOW 120
BELOW 80



My Blood Pressure Wallet Card

vdh.virginia.gov/heart-disease/

What Do the Numbers Mean?

Taking Your Own Blood Pressure

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
<u>HYPERTENSIVE CRISIS</u> (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

- Take your blood pressure every day at the same time, such as in the morning and at night.
- Don't smoke, drink caffeinated beverages or exercise within 30 minutes before measuring your blood pressure.
- Relax and sit with your arm slightly bent and resting on a table at the same level as your heart.
- Place the cuff securely on your upper arm (about one inch above your elbow).
- Follow the directions on the blood pressure machine to start the blood pressure reading.
- Each time you take your blood pressure, do it two or three times, one minute apart, and write down the results.
- Share all results with your health care provider.

Made possible through interprofessional collaboration