



Blood Pressure

If you're taking blood pressure medication, it's important to check your blood pressure at a similar time each day and any time you feel lightheaded. After you take your blood pressure, the screen on your blood pressure monitor will show your systolic number on the top of the screen and diastolic number under that. High blood pressure is defined as any systolic number over 130 and diastolic over 80. Talk to your provider about what your ideal numbers are and know when to call them if your blood pressure is too high.

Date	Time	Blood Pressure (Systolic/Diastolic) mmHg	Arm	Pulse / Min



Remember: Share your records with your providers!