

8 STEPS TO ACCURATELY MEASURE BLOOD PRESSURE (BP) AT HOME

1 Sit quietly for 5 minutes

2 Empty your bladder
(A full bladder adds 10 mm Hg)

3 Pause any conversation
(Talking adds 10 mm Hg)

4 Support your arm at heart level
(An unsupported arm adds 10 mm Hg)

5 Put BP cuff on your bare arm
(A cuff over clothing adds 5–50 mm Hg)

6 Uncross your legs
(Crossed legs add 2–8 mm Hg)

7 If BP is elevated, take the average of 2 readings 5 minutes apart

8 Document BP reading in your BP log

AMERICAN HEART ASSOCIATION BLOOD PRESSURE RANGES

If you get a reading in the hypertension crisis zone (purple), call your provider right away.

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
Hypertension Crisis	Higher than 180	and/or	Higher than 120

SOURCES: Pickering, et al., (2005), *Circulation*; O'Brien, et al., (2003), *Journal of Hypertension*; American Heart Association, (2018), heart.org/bptools

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