Use this wallet card to track your blood pressure. High blood pressure is known as the “silent killer” because you may have it and not know it. Taking an active role in managing your blood pressure can help you prevent serious disease, such as heart attack, stroke and kidney disease.

**How should I take my blood pressure?**
- Empty your bladder.
- Sit for five minutes with your back straight and supported and your feet flat on the ground.
- Your arm should be supported on a flat surface with your upper arm at heart level.
- Make sure your cuff fits.
- Don’t smoke, drink caffeine or exercise within 30 minutes of your blood pressure check.

Help your heart stay healthy …
- Get at least 30 minutes of moderate exercise most days.
- Eat fresh fruits and vegetables. Avoid foods high in salt and fat.
- Drink alcohol in moderation.
- Try to manage stress.
- Don’t use tobacco products.
- Check your blood pressure regularly!
What does my blood pressure mean?

<table>
<thead>
<tr>
<th>Blood Pressure</th>
<th>Systolic</th>
<th>Diastolic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Category</td>
<td>(Top Number)</td>
<td>(Bottom Number)</td>
</tr>
</tbody>
</table>

- **Normal**
  - Less than 120 AND Less than 80
  - Keep going! Eat healthy food, exercise and take your medication.

- **Prehypertension**
  - 120-139 OR 80-89
  - You are at risk of developing high blood pressure. Talk to your provider about steps you can take to lower your blood pressure.

- **High blood pressure**
  - **Stage 1**
    - 140 - 159* OR 90-99*
  - **Stage 2**
    - 160 or higher * OR 100 or higher*
  - Stop and get help! See your health care provider immediately to get your blood pressure in control.

* Targets may vary if you have other conditions or are 60 or older.

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My Blood Pressure Goal is ______

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
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